





# MEDICAL COMPANION.

TREATING

ACCORDING TO THE MOST SUCCESSFUL PRACTICE,

OF

## THE DISEASES

TO WHICH MAN IS SUBJECT.

WITH A DESCRIPTION OF

## VEGETABLE MEDICINES,

AND THE

MANNER OF PREPARING AND USING THEM.

ALSO,

*A Description of Roots and Herbs.*

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TO WHICH IS ADDED

AN ESSAY ON HYGIA ;

Or, the Art of Preserving Health and Prolonging Life.

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BY DR. MICHAEL L. PRIEST.

EXETER:

PRINTED BY J. C. GERRISH.

1838.

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Entered according to the Act of Congress, in the year 1838,  
BY MICHAEL L. PRIEST,  
In the Clerk's Office of the District Court of New-Hampshire.

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WBC  
P949m  
1838

Film no. 2652, no. 3

## AUTHOR'S PREFACE.

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HAVING been repeatedly solicited for several years past, by many of my friends, to publish a short description of my medicines and my practice, I have at last ventured to comply with their request with a design to promote the science of botany ; and to encourage every thing that may be useful to the human family, on the important subject of Botanic Medicines. Many books have been written, which though excellent in many respects, yet they are far from being perfect, although the authors have considered them perfect mechanical rules to follow in all diseases. But as diseases vary in different constitutions, it is necessary to vary in the administration of medicines. The book now offered to the public, has therefore the great advantage of having been written by one of long and successful practice, and who for years past, has turned much of his attention to the composition of it.

The professed object of this book is to treat, in the most clear and concise manner, almost every disease to which the human body is subject ; to give their common names, and surest symptoms, to point out the cause where they originate ; and the most sure method of treatment, and also, to prescribe the suitable regimen and means of prevention. Therefore, a publication like this cannot be otherwise than exceedingly useful to those who live in the country ; and also, to those who follow the sea, where timely assistance cannot always be obtained.

Other evils resulting from the want of such a work, constituted the motive which first led the author to offer this publication to his friends. It is not, however, for him to determine whether it be happily executed or not ; but whatever may be the general opinion as to its merit, he has the high satisfaction to know,

that it not only flows from the purest motives ; but also, contains a faithful relation of facts, collected principally from his own experience, although in part selected from authors of the greatest celebrity. As to language, he has not, he confesses, been over studious of ornament. Having made it his prime object to convey instruction, he has employed the style which to him appeared the most familiar ; so that in all cases of disease, the patient might be directed, in the plainest manner possible, to appropriate remedies.

To have those articles always in readiness would save, not only much labour and time, as well as expense, by sending on very trivial occasions, to a distant place, but would afford to a parent or friend, great satisfaction ; because of the advantage it gives him over a disease, which he can meet with a snitable remedy, at the first moment of its attack ; for there can be no doubt that thousands have perished, not because there were no remedies, but because the remedies were so distant that the patient was lost before they could be procured. For instance, what numbers have died miserably, of the lock-jaw, hydrophobia, and cholera, merely for the want of an ounce of lobelia, with proper directions to use it. How many fond mothers have hung distracted over their children, strangling under the croup or dying with the colic, when they might so easily have been cured by an emetic. But it would be an endless task to enumerate all the heart-breaking tragedies that have taken place in families, merely for the want of appropriate remedies, for these sudden and alarming diseases. It would therefore be highly commendable in all persons, in tolerable circumstances, to keep a medicine chest, not only for the benefit of their own families, but for their sick and indigent neighbors, who often suffer, and sometimes perish, for want of proper medicines, seasonably administered.

To conclude ; the author, animated with these improvements, flatters himself that the MEDICAL COMPANION will not fail to be acceptable to his friends and to the public generally ; and under this pleasing impression, he is prompted so submit it to their generous patronage.

Contemplating therefore the numberless diseases to which man is liable, and which may cause him to drag out a protracted life of distress, or suddenly cut him off in the bloom of his existence and amidst his usefulness, we can not but adore that divine Excellence which has provided us with means, which, if rightly employed, will counteract these dreadful effects.

The attention, as might have been expected, to a system which rises in importance over all others, has kept pace with the general progress of intellectual improvement, commanding for it the respect and encouragement of enlightened people. It is strange, surprisingly strange, that so little popular curiosity prevails, particularly with regard to medicine, when the public mind is so actively engaged upon subjects, certainly of less moment. Talk to the generality of mankind about property, and you would suppose they were all lawyers; but speak to them about that which is of far more worth than property, namely, their health, and they are as silent as mutes. Did not experience, therefore, evince the fact, we should think it impossible, that in things of such high concern, men could be so posterously deceived.

What can be more deeply interesting, than investigating and acquiring the knowledge of preserving this admirable machine? And what more pleasant and useful than to investigate the medical plants of our extensive country, whereby we may remedy those painful maladies which assail the human frame? Were half the attention and time which are now devoted to the minor politics arising out of party dissensions, assisted by very little of that over-boiling zeal given to the acquisition of property, appropriated to medical studies, it would enable any person, of tolerable capacity, to practice with safety and advantage in those cases of simple disease, which are common to our climate, and to determine between the 'arrant quack' and the modest and judicious physician.

For the want therefore of this medical education, we have encouraged the success of empirics\*. To what else can the amazing increase of these crea-

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\* Empiric, a dealer in quicksilver, or one who gives quicksilver for medicine.

tures be ascribed ? Would they dare to quit the shades of their native insignificance, if they thought they were to encounter the blaze of criticism ; or to be inspected and scrutinized by the torch of truth ? No : the terrors of such a process, would exterminate the race, or leave to them only a “ beggarly account of empty boxes.”

We repeat, that empirics are nurtured and sustained exclusively by the prejudices of mankind in their favour, arising from their inability to judge rightly of their merits. For can it be presumed that, any one acquainted with the subject, would repose the lightest confidence in the nostrums of the popular practitioner ?

Who can believe, that these nostrums, as is generally asserted by their proprietors, are applicable equally to a variety of diseases, as opposite to each other as the poles ? And that, too, under every difference of age, constitution, temperament, habit, season, and climate. But candour, must still allow that the empiric strengthens, in some degree, his credit with the public, by sometimes performing great and imposing cures. Such instances, however, of occasional success, bring with them no solid claims to confidence. They are, indeed, calculated to excite distrust when properly viewed ; their cures, which are few are alone registered and promulgated ; nothing is ever said of the failures, or the deaths produced ; no regular and impartial account is kept, nor any striking adjustment of balances. But, what must be the fatality of a practice conducted in a way so rashly indiscriminate, without the guide of either ther principle or experience ? The nostrums employed are uniformly composed of ingredients of the mineral poisons, as arsenic, corrosive sublimate, calomel, &c. which can never be neutral in their operations ; and whenever administered, they cannot be attended but with bad effects.

In describing disease, I have attended chiefly to Ewell, and Buchan, who are correct in the description of diseases ; though very far from being correct in their manner of administering medicines to the sick and distressed.

In many places, mention is made of a “ regular course of medicine ;” this always means, the bath,

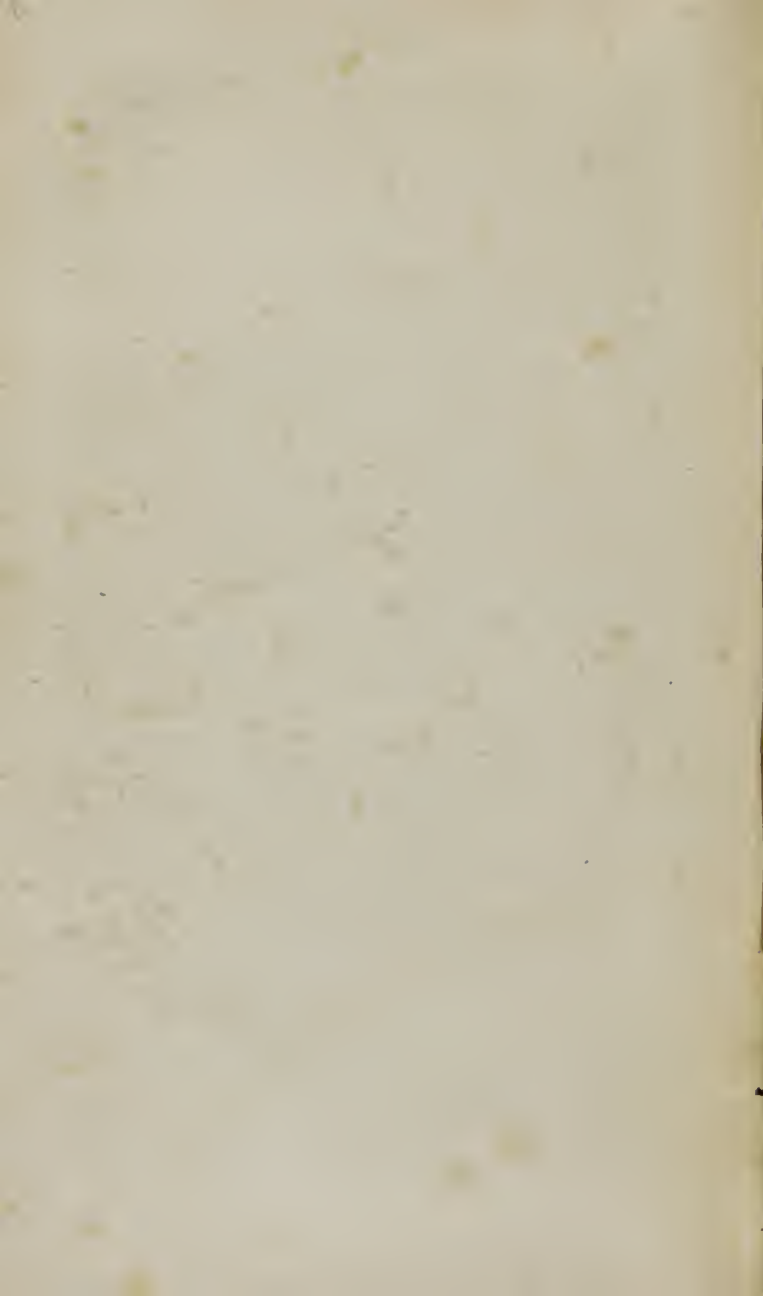


emetic, and injection, as this book describes. It may be proper to observe here, that in using the emetic in almost all cases, it is a safe and sure remedy, as it never causes cramp, colic, nor convulsions. We should begin with the smallest doses, increasing them gradually, until the quantity, suited to the strength of the constitution, be discovered ; for there are instances of constitutions, on which one fourth of what would not affect others, will act powerfully, as the system speedily accommodates itself to the action of medicines.

The vapour bath, of about the temperature of the blood, has very great advantages without being liable to so many objections. Some, indeed, tell us that it weakens the body, but so far from doing so, it may justly be considered as one of the most powerful and universal restoratives with which we are acquainted. Instead of heating, it cools the body, diminishes the pulse and takes off its unnatural quickness, according to the length of time the bath is continued. Hence vapor baths, are of great service, when the body has been overheated, from whatever cause, whether by severe bodily, or mental exercise. In all these cases, its happy composing recuperative virtues seem to be owing to its tendency to promote perspiration and to relax spasms.

Vapour bath can hardly be sufficiently commended for its sovereign effects in promoting cleanliness ; and consequently, for curing all diseases of obstructed perspiration from foul skin. I cannot dismiss this important subject, without earnestly recommending to gentlemen, to provide for the use of their families, convenient vapor baths, as not only one of the greatest luxuries, but the best preservatives of health.

It is essential to health, luxuriously, to refresh the person, by washing off the impurities of the skin ; and equal care should be taken to remove all filth out of the chambers of the sick, and frequently to change their linen and bedclothes, which when saturated with foetid, perspirable matter, must prove extremely unpleasant and hurtful to the patient.



# MEDICAL COMPANION.

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## OF FOOD.

For this, the watchful appetite was given,  
Daily with fresh materials to repair  
This unavoidable expense of life,  
This necessary waste of flesh and blood.  
“ Hence, the concoctive powers, with various art,  
Subdue the cruder aliments to chyle,  
The chyle to blood ; the foamy purple tide  
To liquors, which through finer arteries  
To different parts their winding course pursue ;  
To try new changes, and new forms put on,  
Or for the public, or some private use.”—[*Armstrong*.

It is in infancy and early age, that the foundation is laid for the many diseases arising from indigestion, found in almost every family. If children be fed immoderately, the first passages become too much distended, and the stomach by degrees acquires an unnatural craving for food, which must be satisfied, whatever be the consequence. These excessive supplies are not only unnecessary, but produce the most serious and fatal disorders. There is a certain relation subsisting between what is taken in, and what is lost by the body. If we eat and drink much, we likewise lose much, without gaining any more by it than we might do by moderate meals.

Eating too little retards the growth, and eventually diminishes the digestive power of the stomach. Nature is easily satisfied ; and is always best provided for, if we do not obtrude upon her more than she is accustomed to. If we have for some time taken little nourishment, nature becomes so habituated to it, that we feel indisposed as soon as the usual measure is transgressed ; and both the stomach and its digestive

powers are thereby impaired. It would be impossible to lay down fixed rules whereby to determine the salubrity or insalubrity of aliments, with respect to the individual. Experience is indeed our chief guide upon this subject ; for such is the peculiarity of constitutions that the same article, which will nourish and perfectly agree with one person, would prove highly pernicious to another. There are, however, articles of diet obviously improper to every one, which, though they may not manifest their ill effects immediately, yet nevertheless, undermine and break down, by gradual operation, the vigour of our systems, and entail upon us with certainty a train of chronic disorders, of all others the most troublesome and difficult to cure. The articles of this description are all high seasoned dishes, and those which are composed of a great variety of ingredients. People in health require no excitement to the relish of good and wholesome meat, and to those in the opposite state, the luxuries of the table are poison.

It is an old saying, “ that good laws have their origin from the bad manners and evil way of living in that people for whom they are made,” from which we may conclude, that the Romans were a people exceedingly addicted to all kind of luxury, inasmuch as they enacted so many laws to repress their proneness to the practice of this vice. Yet all these were ineffectual. For according as their riches increased, so also did their vices increase ; till at last, in a monstrous sensuality, they extinguished even the last remains of their primitive virtue. This example hath since been followed to a pernicious extent in every civilized country.

“ The sad effects of luxury are these ;  
 We drink our poison, and we eat disease.  
 Not so, O Temperance bland ! when ruled by thee,  
 The brute's obedient, and the man is free ;  
 Soft are his slumbers, balmy is his rest,  
 His veins, not boiling from the midnight feast.  
 'Tis to thy rules, bright Temperance ! we owe  
 All pleasures which from strength and health can flow.”

Temperance in meat, drink, and pleasures, is the great support of nature, and will prevent weary days and wakeful nights, the common effects of rioting and drunkenness. There needs no greater commendation of a sober life, than, that all men covet to be so reputed, though strangers to the practice of it. For, what is a drunkard or a glutton fit, but to make a tub to hold wash and grains for swine, or a reservatory for poisonous offal? His belly is his god! and he glories in his shame; is despised by all sober men as incapable of business, and unfit to be trusted. So much care and time is employed in making provision for the stomach, that a minute can not be spared for other matters, and when that is crammed, he is unfit for every thing but sleep. In drink, men traduce or betray their best friends; and, if slander be not the topic, out comes a secret to make room for another bottle.—Against which vices, sobriety and temperance are the only antidote, giving men reputation, preventing and curing diseases, lengthening the thread of life to the utmost period.

There are three kinds of appetite; first, the natural appetite, which is equally stimulated and satisfied with the most simple dish, as with the most palatable. Second, the artificial appetite, or that excited by bitters, spirits, pickles, and other condiments, which remains only as long as the operation of these stimulants continue; third, the habitual appetite, or that by which we accustom ourselves to take victuals at certain hours, and frequently without any appetite. Longing for a particular food is likewise a kind of false appetite.

By the true and healthy appetite alone, can we ascertain the quantity of aliment proper for the individual. If, in that state, we no longer relish a common dish, it is a certain criterion of its disagreeing with our digestive organs. If after dinner, we feel ourselves as cheerful as before it, we may be assured that we have taken a proper meal; for if the proper measure be exceeded, torpor will ensue, with indigestion, and a variety of unpleasant complaints.

The stomach being too much distended by frequent indulgence, will not rest satisfied with the former quantity of food ; its avidity will increase with excess, and temperance alone can reduce it to its natural state, and restore its elasticity. Fulness of blood and corpulency, are the disagreeable effects of gluttony ; which progressively relaxes the stomach, and punishes the offender with headach, fever, diarrhoea, and sometimes sudden death.

The diet ought not only to be such as is best adapted to the constitution, but likewise to be taken at regular periods ; for long fasting is hurtful at any stage of life. All great and sudden changes of diet are universally dangerous, particularly from a rich and full diet to a low and sparing one. When, therefore a change becomes necessary, it ought always to be made by degrees.

When a person has suffered much from extreme hunger, much food must not be given him at once. By full feeding, thousands long starved at sea, have been destroyed at once. Such persons should be supplied with liquid food, and that sparingly.

As soon as the food has entered the stomach, the important office of digestion begins. The vigour of the organs exerted on this occasion, ought certainly not to be abridged by violent exercise ; but muscular and robust people feel no inconvenience from gentle motion about one hour after the heaviest meal. But as the whole process of digestion is of much longer duration than is generally imagined, the afternoon hours cannot be employed so advantageously to health in any labour requiring strong exertions.

In violent exercise, or an increased state of perspiration, the fluids are propelled to the external parts, and withdrawn from the stomach, where they are indispensable to assist the proper concoction.

Exclusive of the quantity and quality of food, great attention should be paid to the kind of it, in particular constitutions. Animal food in general, is more nourishing than vegetable, and when fresh, is likewise



more easy of digestion. On this account it generally agrees better with delicate constitutions.

With regard to our food, however, in quantity and quality, it should be properly proportioned to our exercise. The labourer, who is perpetually toiling from morning till night, could not subsist on food appropriated to those who pursue not the severest exercises of the body ; his diet must be of the coarser kind, such as salted meats, or fish, cheese, corn, bread, potatoes, and these in pretty large quantities. On the whole, it will be found to be the safest, both in health, and sickness, to regulate our diet with simplicity ; ever bearing in mind, that a preference is to be given to such articles as our personal knowledge has demonstrated to be the most congenial to our constitutions and habits.

Nature has appointed milk for the food of children ; because on account of their growth, they require much nourishment. From this circumstance we may also conclude, that milk is easily digested by healthy stomachs, since at the early age of children, the digestive powers are but feeble ; and hence it is of service to persons enfeebled by dissipation, or disease. Yet milk is not a proper food for the debilitated in all cases ; nay, under some circumstances, it may even be hurtful. It does not, for instance, agree with hypochondriacs ; as it occasions cramp in the stomach, heart-burn, colic, or diarrhoea. Febrile patients, whose weak organs of digestion do not admit of nutritious food, and whose preternatural heat would too easily change the milk into a rancid mass, must abstain from it altogether. With these exceptions, milk is an excellent species of diet, generally of easy digestion, in-somuch, that persons much reduced in bodily vigour, have been cured by the use of milk only.

Cheese, being made of the tough part of milk, is difficult of digestion, and should be used with caution, except by the hearty and laborious.

Eggs, when fresh and soft-boiled, are as wholesome as they are delicious ; but, when hard-boiled, are indi-

gestible, and when corrupt or tainted, have occasioned violent purging, vomiting, and putrid fevers.

Fish, in general, are less nourishing than animal food, though they are not difficult of digestion, while in a fresh state. Salt water fish are perhaps the best of any, as their flesh is more solid, more agreeable and healthy, less exposed to putrescency, and less viscid. Fresh water fish should lie in strong salt and water an hour before they are dressed, otherwise the mud flavour is very apt to nauseate weak stomachs.

Lobsters, when quite fresh, are excellent food ; but if tainted, are no better than poison. The inhabitants of inland towns, cannot be too cautious in the use of them.

Oysters, when raw, are easily digested, and may be eaten with great advantage, even by the weak and consumptive. If eaten in any quantity, they produce laxative effects ; hence they afford an excellent supper to those liable to costiveness.

Poultry, such as chickens and turkeys, furnish a most valuable aliment.

Beef, pork, and bacon, without saltpetre, yield a copious and permanent nourishment ; and when taken in small quantities, agree well with all stomachs and constitutions.

Sausages are a substantial kind of nourishment, but require strong stomachs to digest them. The same may be said of blood-sausages, usually called black-puddings.

Bread, the staff of life, is very properly eaten with animal food, to correct the disposition to putrescency ; but is most expedient with such articles in diet as contain much nourishment in a small bulk, because it then serves to give the stomach a proper degree of expansion. To render bread easy of digestion, it ought to be well fermented. To persons troubled with flatulency and indigestion, all pastry whatever is unwholesome, frequently producing dangerous colics and obstructions.



Fruit in general possesses strong resolvent powers, and is the more beneficial as it comes to maturity at a time when the body is relaxed by the heat of summer, and when the blood has a strong tendency to inflammation. It is besides of great service in attenuating the thick bilious impurities collected during the summer, and evacuating them by its laxative virtues. The acid contained in most kinds of fruit, is as useful to quench thirst as to resist putrefaction. In weak stomachs, however, or such as are filled with impurities and slime, it is apt to ferment and occasion some inconvenience ; but this may be avoided by a temperate use. It is most wholesome when eaten on an empty stomach, which can exert all its power to expel the air disengaged from it, and to remove it before it begins to ferment. Boiling, as well as drying, corrects the flatulent tendency of fresh fruit, so that thus prepared, it will agree with almost all stomachs.

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## BUTTER.

Butter, though a good article of diet, may be used too freely ; and in this country, I am convinced, that is the case. To weak stomachs it is hurtful, even in small quantities ; and when used freely, it proves prejudicial to the strongest.

Butter, like other things of an oily nature, has a constant tendency to turn rancid. This process, by the heat of the stomach, is greatly accelerated, insomuch that many people, soon after, complain of its rising in the stomach, in a state highly disagreeable. Oils of every kind are with difficulty mixed with watery fluid. This is the reason why butter floats in the stomach, and rises in such an unpleasant manner. Persons afflicted with bile should use butter very sparingly.

Some sceptical authors doubt whether aliment of any kind has an effect on the bile. One thing, however, is certain, that many patients, afflicted with

complaints which were supposed to be occasioned by bile, have been completely cured by a total abstinence from butter. The most violent bilious complaints that I ever met with, were evidently occasioned by food that became rancid on the stomach, as the cholera-morbus and the like, nor can such complaints be cured, till the rancid matter is totally evacuated by vomiting and purging.

Children, without exception, are disposed to diseases arising from relaxation. Butter, of course, ought to be given them with a sparing hand. But is this the case? By no means:—bread and butter constitutes a great part of the food of children; and I am convinced that the gross humours with which they are frequently troubled are partly owing to this food, as children abound with moisture, bread alone, generally speaking, is better for them than bread and butter.

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## VEGETABLE DIET.

The most obstinate scurvy has often been cured by a vegetable diet. Nay, milk alone, will frequently do as much in that disease as any medicine.

*Tea.*—Much has been said on the ill effects of tea in diet; they are no doubt numerous, but they proceed rather from the imprudent use of it, than from any bad qualities in the tea itself. Tea is now universally drank in this part of the world, but the morning is surely the most improper time of the day for drinking it. Most delicate persons, who, by the bye, are the greatest tea-drinkers, cannot eat any thing in the morning; if such persons, after fasting ten or twelve hours, drink four or five cups of green tea without eating but little bread, it must hurt them. Good tea, taken in a moderate quantity, not too strong, nor too hot, nor taken upon an empty stomach, will seldom do harm; but if it be bad, which is often the case, or substituted in the room of solid food, it must have many ill effects.

Coffee promotes digestion, and exhilarates the animal spirits ; but an excessive use of it, like tea, affects the nerves, occasions watchfulness, and trembling of the hands. As possessing excellent antispasmodic virtues, it is a favourite beverage with the hypochondriac and hysteric.

Chocolate is nutritious and wholesome, if taken in small quantity ; but to the corpulent and weak, particularly those with whom a vegetable diet disagrees, it is generally hurtful.

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## ON EXERCISE.

‘ To die,’ says Dr. Johnson, ‘ is the fate of man,’ but to die with lingering anguish, is generally his own folly. Inactivity never fails to induce an universal relaxation of the contractive fibres. When these fibres are relaxed, neither the digestion, the circulation, nor the general peristaltic motion can be duly performed. It is absolutely impossible to enjoy health, where the perspiration is not duly carried on ; and that can never be the case, where exercise is neglected. Action is essential to the well-being of the body ; the universal experience of mankind attest this truth. Those exempted from the necessity of labour by wealth, seek exercise in sports or games.

“ Love labour,” cried a Philosopher, “ if you do not want it for food, you may for physic.” The idle man is more perplexed what to do, than the industrious in doing what he ought. Action keeps the soul in constant health ; but idleness corrupts and rusts the mind.

A gentleman under close confinement in the Bastille seven years, amused himself in scattering a few small pins about his chamber, gathering them up again, and placing them in different figures on the arm of a great chair. He often told his friends, afterwards, that he

verily believed he should have lost his senses, but for this exercise.

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## OF SLEEP.

“Tired Nature’s sweet restorer, balmy Sleep,”

Cannot be dispensed with. It introduces a most welcome vacation for the soul and the body. The exercises of the brain and the labours of the hands, are at once discontinued ; so that the weary limbs repair their exliausted vigour, while the pensive thoughts drop their load of sorrows, and the busy ones rest from the fatigue of application. Most reviving cordial ! Equally beneficial to our animal and intellectual powers. Since sleep is so absolutely necessary, so inestimably valuable, it plainly shows what a fine apparatus Almighty Goodness has made to accommodate us with the balmy blessing. With how kind a precaution he removes whatever might obstruct its access, or impede its influence ! He draws around us the curtain of darkness, which inclines to drowsiness, and conceals every object that might too strongly agitate the senses. He conveys peace into our apartments and imposes silence on the whole creation. May we not discern in this gracious disposition of things, the tender cares of an affectionate mother, who hushes every noise, and excludes every disturbance, where she has laid the child of her love to rest ? So, by such soothing circumstances and gentle working opiates, he giveth to his beloved, sleep. Moderate sleeping is certainly one of the greatest benefits in nature, without which, there is an utter impossibility to preserve the body in health, or the mind in its due force and vigour. It is the best medicine to wearied limbs ; an antidote against distracting cares, and the great comforter under trouble and discontent. It stills the seaman, though the storm be high, and frees the captive from his weightiest chains. It stops the mouth of want, cures diseas-

es, gives ease in pain, makes us cheerfully bear the fatigues of a busy life, is a blessing denied to pompous courts, and to be found in an humble cottage.

Excess of sleep is not less prejudicial to health than the want of it. The whole body sinking gradually into a complete state of inactivity, the solid parts become relaxed, the blood circulates slowly, and remains particularly long in the head ; perspiration is disordered, the body increases in fat, and rendered incapable of mental exertion, the memory is enfeebled, and the unhappy sleeper falls into a lethargic state, by which his sensibility is, in a great measure, destroyed.

Sleep immediately after supper, is apt to occasion the night-mare or a stagnation of the blood, which, by its pressure, produces the sensation or idea of this troublesome bed-fellow. It is principally the nervous, the debilitated, and those of an impaired digestion, who are visited by such terrific dreams.

The proper duration of sleep, in youth and adults, is usually settled at seven or eight hours ; in children, and the aged, from eight to nine hours. The more bodily weakness we feel, the more we may indulge in sleep, provided it be refreshing. If people in a state of health be perfectly cheerful in mind and body, when they awake, this is a most certain criterion that they have slept sufficiently.

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## AGUE AND FEVER.

I now come upon Intermittent or Ague and Fever ; a fever which has, periodically, a clear intermission, alternating with a return of its paroxysms. From the length of time between the fits, the species of fever are distinguished and named. Thus, if the fit returns every day, it is termed quotidian ; if every third, a tertian ; if every fourth, a quarten. The ague commences with weakness, frequent stretching, and yawning, succeeded by sensations of cold in the back and

extremities, which increases, until the limbs as well as the body become agitated with frequent and violent shivering. This continues for some time, during which a violent pain of the head and back, and a sensation resembling a stricture across the stomach, frequently distress the patient ; and the sense of coldness is so great that his endeavours to obtain warmth are not of the least avail. These symptoms, subsiding by degrees, give way finally to warm flushings, which increase until redness and heat, much greater than natural, are extended over the whole body ; the patient at length burning with extreme heat, so as to be now as solicitous for the refreshing sensation of cold, as he was before anxious to mitigate its violence. After these symptoms have existed for some time, they gradually decline ; the thirst goes off, the skin is relaxed, and a moisture breaks out on the head, which soon becomes general and profuse ; then it slowly abates, till it entirely ceases.

*Causes.* The remote causes of ague or autumnal fever are, first the effluvia which arises from marshes or moist grounds, acted on by heat. Secondly, cold, especially when accompanied by moisture, which will necessarily act with more certainty, if a predisposition may be induced by living too sparingly, or on trashy food, excessive fatigue, impeded perspiration, preceding disease, indulgence in spirituous liquors ; and in fine, by whatever tends to weaken the system and impoverish the blood. Hence the poor are more subject to the disease than the rich.

*Treatment in the cure of the different symptoms of this disease.* Much the same plan may be followed for the cure of this disease as in the former symptoms. The patient should be carried through a regular course of medicine, repeating it every other day, until the disease is removed. The bath should be administered daily ; the powders to be given three times a day. In the mean time, strict attention must be paid to the



habit of the body ; for in vain shall we expect to cure intermittants, if the bowels be not kept open and the skin moist. If the patient be troubled with costiveness, the family pill should be administered ; if the patient is thirsty, he should drink freely of peroly-tea. I never knew this method to fail of a cure.

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## REMITTANT BILIOUS FEVER.

*Symptoms.*—In this fever there is a remission or abatement of its violence, but not a total cessation. Like other fevers, it commences with a sense of coldness and shivering, accompanied by violent pains in the head and back, great dejection of spirits, sickness at the stomach, giddiness, loss of strength, and difficulty of breathing. The cold stage is succeeded by a considerable degree of heat ; the pulse, which in the cold fit is small and quick, becomes full, but abates not of its quickness. The pain of the head and back increases, and the nausea is augmented, frequently terminating in copious vomiting of bile. These symptoms continuing, the skin, which had hitherto been hot and dry, becomes moist. Soon after this, the symptoms abate, and sometimes cease entirely,—the patient flatters himself with the hopes of health speedily returning—but, alas ! these pleasing illusions are soon dissipated by another attack, which comes on with increased violence ; and if the fever be not checked by means early employed and sufficiently powerful, a constant delirium and restlessness takes place ; the discharges become very offensive, succeeded by twitching of the tendons, profuse clammy sweats and convulsions, which soon terminate in death.

*Cause of the remittant, Bilious Fevers.*—Fever is produced from the same causes, which induce intermittants, but acting here in a more powerful manner. Like them, they are more prevalent in the

months of August, September, and October, when heat and moisture combine to hasten the corruption of animal and vegetable substances, and impregnate the air with noxious exhalations.

*Treatment.*—In the cure of this fever, all our efforts should be made to bring the remission to a complete intermission ; and this is to be effected by powerful emetics, injection and steam, and with such medicines as have a tendency to solicit the circulation of the fluids to the surface. Hence, on the commencement of the disease, when there exists much pain in the head, with a hard and quick pulse, to evacuate the first passages of their impure contents is always necessary ; and this is best done with senna and mustard. Half an ounce of mustard seed, and half an ounce of senna, steeped in a pint of water, to be given in small quantities, until it operates.

Great attention should be paid to the state of the bowels, which is always necessary, because of the constant disposition to accumulate bile. If a looseness attends the patient, injections should be administered, and physic dispensed with. The vapor bath also admirably promotes perspiration, by relaxing the skin, and taking off the stricture of the vessels ; it consequently should always be used. If a box can not be procured, the patient might stand over a tub of hot water, with an addition to it of hot stones the bigness of a two quart pitcher, for fifteen minutes or more, with a blanket over him. If the patient is too languid to stand over a tub, the extremities should be immersed in warm water, at least once a day. The temperature of the bath, should be regulated by the feelings of the patient, and that which effects these most agreeably, should be preferred.

The cold effusion, by throwing cold water over the patient, or sponging the body with vinegar and water, has been attended with the best effects in warm climates, particularly if the application be made during



the height of the paroxysm, when the head is generally affected.

During this general treatment, particular symptoms will require attention. The headach, for example, which so frequently accompanies this fever, is to be treated by applying to the head, cloths wrung out of cold vinegar and water, often repeated, until the malady is removed.

On the decline of this fever, patients are sometimes troubled with night sweats; to relieve which, gentle exercise in fresh air, and the valerian powder is proper.

*Regimen.*—With respect to regimen, the food and drink should be varied, and adapted to the taste of the patient. Nature, perhaps, generally takes care that no error shall be committed in that way; during the continuance of this disease. The patient is seldom persuaded to swallow any thing but liquids, during the prevalence of the fever, and if he should have an inclination for something more solid, arrow-root, sago, corn, or rice-gruel, custards, roasted apples, oranges, grapes, or other mild ripe fruits, are all that should be allowed. To allay the thirst, rice water, apple water, or cold spring water, molasses and water, raspberry, or currant-jelly, dissolved in water, may be given with great benefit, in frequent but small quantities; these cooling drinks not only quench thirst, but also tend to excite perspiration. Washing the face and hands of the patient from time to time with vinegar and water, is always refreshing. The room should be somewhat darkened, and kept moderately cool, by a constant succession of fresh air; taking care, however, that the current of wind is not immediately directed to the patient, the covering of the bed ought to be such as is found most comfortable, and the body kept, as nearly as possible, at rest. When the fever subsides, and the patient regains a desire for food, it will be best, in addition to the mild articles of diet already mentioned, to begin with new laid eggs boiled soft, soup with vege-

tables, raw oysters, and broiled salt pork ; resuming his usual diet gradually as he finds his health return.

To keep up the tone of the system, a moderate use of the stomach drops, or peach cordial, or bitters will be proper. At the same time paying due attention to cleanliness and exercise. Thus have I detailed, in the clearest manner, according to my experience, the best curative means of this the most prevalent and dangerous of all maladies. It is however much easier to prevent than cure diseases. And in order to the first, I will point out the general means which have been found conducive to this great end, and which constant experience has sanctioned.

*Prevention.*—To obviate the attack of summer and autumnal fevers, we should intercept their causes, or guard the habit as much as possible against their influence.

Therefore, on visiting a warm climate where any epidemic prevails, the first step is to prepare the system as much as possible, for the unavoidable change it is about to undergo ; and this preparation consists in living temperately, and by cleansing the system with a regular course of medicine, and taking every other night, or oftener, two or three pills, to increase the discharge by the bowels. In the mean time, an imprudent exposure to the heat of the sun, or night air, should be strictly avoided.

Hard drinking is another cause of disease, which should be carefully guarded against in warm climates, although there has been much of a reform within a few years, yet this admonition may be of importance to seamen, who of all others are, perhaps, the most inattentive to health. The same admonition applies to their sleeping on deck during the night, or in a state of intoxication, which, by suddenly checking copious perspiration, seldom fails to bring on disease.

Flannel worn next to the skin is one of the best preservatives of health. Many people, indeed, clamour against it, as tending to debilitate, because it creates

perspiration ; but this is altogether a silly prejudice, as mild perspiration, or a soft skin, so far from being hurtful, is the very habit of health. It preserves a proper medium of temperature, by absorbing the excessive moisture from the body during the day, and by preventing the effects of the cold and damp air at night.

Cleanliness, both in our persons and apartments, is so essential to health, as to form a leading consideration in all our views of that first of blessings. The neglect of this, not only renders a man loathsome and offensive to himself, but gives rise to many of our most inveterate and fatal diseases.

In like manner, we must have regard to a proper regulation of diet ; which consists in preserving the happy mean between long fasting on the one hand, and immoderate eating on the other. Such are the general means for preserving health and preventing disease ; the chief point is to avoid the exciting cause.

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## NERVOUS FEVER.

The fevers already described, and indeed all diseases, attended with a considerable degree of morbid heat, affect in some measure the nervous system ; but in this particular species, the nervous system is more violently affected, than in any other. When a fever is once produced, from whatever cause, it seldom fails, by long continuance, to occasion all the symptoms which appear in the nervous or malignant fever.

This fever has been described, by different authors, under various names. The typhus, or nervous fever, the slow fever, the gaol fever, the hospital fever, the ship fever, the petichial fever, the putrid fever, and the malignant fever.

The first appellation, it receives from its attacking the brain, and from the effects it produces on the nervous system. The second, from the slow and gradual manner in which it sometimes attacks. Third, fourth, and fifth, from their being apt to arise in gaols, hospitals, and ships, where numbers of men are crowded together; and where sufficient care is not taken to have such places well ventilated and cleaned. The sixth, from certain spots, which sometimes appear on the skin of the patient, labouring under this disease. The seventh, from a putrid state, or tendency, supposed to take place, in the fluids. And the last, from the dangerous nature and malignity of the fever; but they are all one and the same disease, variously modified, according to the violence of the symptoms, and the different constitutions of the patients.

*Symptoms.*—The symptoms commonly vary more in this than any other fever. It sometimes creeps on in such a slow insidious manner, that the patient will have suffered the disease to make considerable progress, before he thinks it necessary to use any remedies. On other occasions, it comes on with a great degree of rapidity, and with many of the symptoms common to all fevers. Thus, it commences with alternate sensations of heat and cold; a want of appetite, nausea, and occasional vomiting. These are followed by some confusion of the head, a sense of weakness, dejection of spirits, tremor of the hands, and frequent sighing, without knowing the cause. At this stage the pulse is irregular, sometimes a little quicker, and at other times at about the natural standard. A dull and heavy pain, with a sense of coldness, possesses the back part of the head in some; and in others, a pain in the orbit of one eye.

These symptoms gradually increasing, the pulse becomes smaller and at the same time quicker, while the

arteries of the temples and neck beat with additional force. The patient is generally more restless towards night ; the breathing is somewhat difficult, and very little refreshment is obtained, from his short and disturbed slumbers. During these symptoms, the patient often utters vague and unconnected sentences, and not unfrequently deafness supervenes, and the pupils of the eyes enlarge. As the disease advances, the hands tremble, so as to prevent his guiding them to his mouth ; the fingers are in constant motion ; the tongue becomes dry, of a dark colour, and trembles when attempted to be put out ; and sometimes the gums and lips are covered with a dark viscid substance. To these succeed stupor, cold clammy sweats, with a foetid smell, hickup, and twitching of the tendons, together with an involuntary discharge of the excrements.

*Causes.*—This fever is occasioned by impure air, and putrid animal and vegetable effluvia. We are therefore not surprised to find it often originate in ships, and dirty dwellings, where numbers are crowded together, and where it is not possible to have sufficient ventilation.

Though human contagion, and the effluvia arising from putrid animals and vegetable substances, are the most frequent and active causes of this disease, yet they cannot be considered as the only ones ; for we sometimes meet with instances in a country neighborhood, of persons being seized with the disease in all its malignity, where it is not epidemic, nor can it be traced to any place where the animal effluvia could be supposed to be confined in any uncommon degree. Hence filth, a moist atmosphere, much fatigue, cold, depressing passion, low scanty diet, excessive study, or whatever weakens the nervous system, may be enumerated among the causes of this disease.

*Treatment.*—With regard to the cure. On the first appearance of the symptoms, the patient should be put to bed, and the vegetable powders and the gin elixir administered. Pennyroyal tea should also be given freely. Hot stones should be applied to the feet and back of the patient, until they produce perspiration. If the patient is troubled with costiveness, the pills should be given in large potions until they operate freely. If the symptoms do not abate, a regular course of medicine should be given, and repeated as often as every other day, for the first week. If the inflammatory symptoms appear to run very high, the emetics should be dispensed with, except in small potions. The patient should drink two or three glasses of vervine tea, made strong, every day. If it nauseate, more may be given, until it excites vomiting. If the patient is thirsty, as often is the case, he should be allowed as much cold spring water as he craves.

As the danger of this fever, is in proportion to the debility, the great point is to keep up the strength of the patient, by a liberal use of vegetable powders and valerian. Wine, should be given on remission, in such forms as might best agree with the patient. In the advanced stage of fever, when the heat is reduced, a nourishing diet should be used, suited to the taste of the patient; taking care to produce an evacuation daily by glisters, and when these are not effectual, a dose of pills or senna and mustard seed may occasionally be given.

When a diarrhœa or looseness occurs, two or three tea spoonfuls of the tincture of myrrh or the powdered myrrh in small potions should be given, in honey or molasses, and repeated as often as may be found necessary. In every malignant case this fever terminates fatally on or before the seventh day; but more frequently, those who die, are carried off about the middle, or towards the end of the second week.



When the patient survives the twentieth day, he usually recovers. When the fever terminates favourably before, or at the end of the second week, the crisis is generally obvious ; but when that happens at a later period, particularly, if after the second week, a favourable turn is less evident ; and sometimes several days pass, during which the disease goes off so gradually, that the most experienced are in doubt whether it abates or not ; at length, however, it becomes evident by a warm moisture on the skin ; by the gums growing less tenacious, and being more easily removed ; by the stools regaining a natural colour ; by the urine made in a greater quantity, and depositing a sediment ; by a return of appetite, and by the pulse becoming slower than it was before the commencement of the disease.

*Regimen.*—In addition to the mild articles of diet, enumerated in the bilious fever, bread and milk, with a little water, sugar, and the pulp of a roasted apple, form a most grateful food ; and, for the sake of variety, crust water, cider, porter, or any other drink, which the patient covets, should always be allowed. It has been observed, that this fever often originates from corrupted air, and must be aggravated by it ; great care should therefore be taken, to prevent the air from stagnating in the patient's chamber. Every means in our power to ventilate the room should be employed. Colongue, or vinegar, frequently should be sprinkled about the room and bedclothes ; and some evaporated, by pouring it on a hot iron. The bedclothes ought to be in no greater quantity than is agreeable to his feelings ; and when he can sit up, with his clothes loosely put on, it is often a refreshing change of posture and situation. The patient should have his linen and bedding changed often ; for nothing refreshes the sick, more than cool air and cleanliness.

In the early stages of this disease, when there is much preternatural heat, washing the face and hands in cold vinegar and water, will be highly refreshing. In all cases where the fever is unusually protracted, it leaves the patient in excessive weakness, the recovery is slow and precarious ; and the greatest care is required to prevent any error in diet during the convalescence, as a very small degree of excess, at this time, will produce troublesome consequences. Food of easy digestion, taken in small quantities, and often repeated—gentle exercise, when the weather is favourable—attention to prevent costiveness, by the use of pills, and bitter root, or golden-seal, to assist digestion, are the most certain means of reinstating health.

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## PHRENSY, OR INFLAMMATION OF THE BRAIN.

*Symptoms.*—A deep seated headach, redness of the eyes and face, violent throbbing or pulsation in the arteries of the neck and temples ; incapability of bearing light, or noise ; a constant watching, or delirium, with picking the bed clothes. The pulse, although sometimes languid, is generally hard, tense and strong ; the mind chiefly runs upon such subjects as have before made a deep impression upon it ; and sometimes, from a sullen silence, the patient becomes of a sudden delirious and quite outrageous.

*Causes.*—Violent colds, exposure of the head to the scorching rays of the sun ; too deep and long-continued thinking ; excessive drinking ; suppression of usual



evacuations ; concussion of the brain ; and, whatever may increase the afflux of blood to the head.

*Treatment.*—Emetics, and the bath form the “anchor of hope” in this disease, which should be employed on its first attack, and repeated as the symptoms and strength of the patient will permit ; injections should be given as often as twice a day ; pleurisy-root and senna steeped, should be given ; a cloth, wet with vinegar, or cold water, should constantly be applied to the head.

Bathing the feet and legs in warm water, or applying a stone wrapt in wet flannel, to the feet, is also of great service, by producing a revulsion of blood from the head.

To assist also in diminishing the determination of the blood to the head, the patient should be kept as near the erect posture as can easily be borne.

The diet should be of the lightest kind ; as oatmeal gruel, slippery elm, crust water, cold water ; tamarinds and water may be freely used. The patient to be kept as quiet as possible, avoiding all irritating causes, and breathing a current of fresh air.

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## COLDS.

Colds are causes of diseases, of the inflammatory kind, which occur more frequently on sudden changes of the weather, and attack persons of all constitutions, but especially those of consumptive habits. It is also at times epidemic, when it is known by the name of influenza, and has been erroneously consider-

ed as depending upon a specific contagion for its cause. The influenza generally pays us a visit every six or seven years. The season of its visitation is the middle or latter end of autumn, after a long spell of dry weather, as was verified in 1832. It appears to be no respecter of persons, knocking equally at the doors of the rich and the poor ; and attacking the young, no less than the aged.

*Symptoms.*—Its first symptoms are a stoppage of the nose, dull pain, with a sense of weight in the forehead, stiffness in the motion of the eyes, and soon after coughs, hoarseness, an increased secretion of mucus from the nose, and tears from the eyes, attended with more or less fever, and sometimes sore throat.

*Cause.*—This disease is generally the effect of cold, which by obstructing the perspiration, throws the redundant humours upon the nose, fauces and lungs ; or to those great physical changes which give rise to epidemics.

*Treatment.*—In the treatment of this disease, as of all others of an inflammatory nature, where it is slight, little else will be necessary than to live abstemiously ; avoid cold, and whatever may increase the feverish habit. Bathe the feet and legs before going to bed, in lukewarm water, and take the vegetable powders, elixir, and pills, and drink freely of pennyroyal tea, with an addition of half a teaspoonful of cayenne, thereby exciting perspiration ; and taking care afterwards to avoid sudden exposure to cold or damp air. Attention must at the same time be paid to keeping the bowels open.

When the disease is more violent, an emetic should be given ; the patient should be steamed twice a day ; and in case of pain, apply a piece of flannel, wet with the elixir, to the part affected. If the cough,

which is often troublesome, be not removed, by emetics, softened onions, (boiled or roasted) should be applied to the stomach, and the cough syrup to be taken now and then.

The frequency of this disease, from the sudden change of weather to which our climate is subject, and the slight degree of alarm generally excited by what is called, "only catching a cold," too often occasions that neglect, which gives rise to the most distressing maladies, such as quinsey, pleurisy, inflammation of the lungs, rheumatism, &c.

Fully satisfied that numbers fall victims to the supposed insignificance of this insidious enemy, I have thought it my duty thus to warn the inattentive.

*Prevention.*—To guard against this disease, or this cause of disease, the utmost attention should be paid to a due regulation of the clothing, which ought to be neither too thin, nor so irregularly disposed of, as to leave one part of the body naked, whilst the rest is burthened, and too warmly clad; an error frequently committed upon children and young persons. Warm rooms and impure air may weaken the body; but warm clothing can never be injurious in cold weather. The use of flannel cannot be too highly recommended as a preventive of this disease; and if an objection should be made to wearing it next to the skin, on account of the irritation it occasions, it may be worn over the linen. Putting on wet clothes, or lying in damp sheets, or sitting in wetted rooms, are so well known to be injurious, that it is hardly necessary to admonish people against such improprieties. The common prudence of shunning, when heated, a torrent of cold air from the crevice of a door or window; or throwing off the clothing, immediately after taking exercise, are so obvious, as not to require to be enlarged on. Equal danger arising from too suddenly

passing out of an atmosphere of a very cold temperature, to one of a much warmer. Thus, when any part of the body has been exposed to cold, it is liable to be much more affected by heat than before the exposure ; of this, the method of treating frozen limbs, in cold countries, affords a decisive proof. Were a frozen limb to be brought to the fire, or immersed in warm water, a violent inflammation would soon come on, and speedily terminate in mortification ; they therefore rub the parts benumbed with snow, and then very gradually expose them to a warm temperament. By attention to these precautions, those inflammatory diseases, for which cold only prepares the system, may be avoided.

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### QUINSEY, OR INFLAMMATORY SORE THROAT.

This is a disease, to which children are more subject than the aged. It is distinguished by a sense of heat, pain and tightness in the fauces and throat, accompanied by a difficulty of swallowing, particularly fluids. In general, the inflammation begins in one tonsil, (a gland on each side of the palate) ; then spreads across the palate, and seizes the other tonsil. When the inflammation possesses both sides, the pain becomes very severe, and swallowing is performed with extreme difficulty ; but if it attacks the upper part of the wind-pipe, it creates great danger of suffocation.

*Causes.*—Cold wet feet, throwing off the neckcloth or drinking cold water when overheated. As the quinsy is caused by cold, it must be removed by heat, the opposite of cold.

In common cases of the quinsey, the first thing to be done is to raise the heat by giving the vegetable powder, pennyroyal tea, cayenne and vinegar sweetened with honey. External applications are likewise of great use; bathing the neck with pepper-sauce; or applying a flannel, wet with it, around the neck; onions, softened with goose oil and applied, are also excellent in this disease.

Where the inflammatory symptoms run high, and before the febrile symptoms are in any way violent, the timely use of the tincture emetic, often proves extremely useful, and sometimes checks it completes formation. Should these prove ineffectual, a regular course of medicine should be given, which seldom fails to effect a cure.

If persons, as soon as they discover any uneasiness in the throat, were to use the elixir, and vegetable powders, already recommended, bathe their feet in warm water; apply flannels moistened with elixir and ointment, and keep comfortably warm, this disease would seldom proceed to a great height.

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## FALLING OF THE PALATE.

The falling down, or elongation of the palate, is attended with a sense of tickling in the fauces, and soreness at the root of the tongue.

If fever accompany this affection, give gin elixir, and powders, using nothing but a vegetable diet; avoid speaking, and gargle the throat with astringent gargle, or apply salt and pepper by means of the handle of a spoon.

## MUMPS.

A contagious disease, affecting the glands and muscles of the neck externally.

*Symptoms.*—Light fever, which subsides upon the appearance of a tumour under the jaw, near its extremities ; sometimes only on one side, but more frequently on both. It increases till the fourth day, and then declines gradually. This disorder is often so slight as to require very little more than to keep the neck warm ; with spare diet, and a laxative state of the bowels. If however, there be much fever and pain in the head, it will be necessary to give warming teas, cayenne, &c.

There is a singular peculiarity now and then attending this complaint ; for sometimes the swelling of the neck subsides, the testicles of the male, and breasts of the female, are affected with hard and painful tumours ; and frequently when one or other of these tumours has been suddenly repressed, a delirium of the milder sort occurs. For this, I have found the emetic all sufficient to remove the alarming symptoms.

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## PLEURISY.

*Symptoms.*—An acute pain of the side, which reaches to the throat ; in some, to the back ; and others to the shoulders ; but in general, is seated near the fleshy part of the breast ; with a high fever ; hard and quick pulse ; difficulty of breathing ; and a teasing cough, sometimes moist, but frequently dry. The seat of the inflammation, and consequently of the pain, may vary in different cases, but this is not of much importance, as the same mode of treatment is



required in inflammations of the viscera contained in the cavity of the chest, as of the membranes which invest them.

In the cure of pleurisy our success depends on subduing the violent action of the vessels, by employing emetics, and such remedies as are calculated to keep the bowels open ; outward applications are also necessary, such as bathing the affected parts with elixir, and applying a flannel wet with the same ; a bag of onions, applied to the lungs. In case the cough is troublesome, worm-stone applied to the affected side, and repeated as often as it becomes cold, will sometimes afford relief. During this treatment, the patient should take freely of warm, diluted drinks, such as flax-seed, balm, elm, or rice water. A decoction of pleurisy root, or snake root, given to the patient, in doses of one or two table spoonfulls, every two or three hours, abates the febrile heat and produces expectoration.

In no disease, is a strict abstinence more necessary than in this ; since in proportion to the nourishment taken, will be the increase of the blood, and consequently of fever. Nothing but dilutent drinks ; such as toast water, oatmeal gruel, or elm tea, ought to be allowed, until the violence of the disease is subdued ; and these liquids should be taken often, but in small quantities at a time. When nourishment is required, the lighter kinds only should be used. After recovery, great care must be taken to prevent a relapse ; the inclemencies of the weather should be guarded against ; moderate exercise employed ; and the chest protected from the action of cold, by wearing flannel next to the skin.

After all I have said on the subject of fevers, I assert, that fever,—which is only a disturbed state of the heat, or life—may show itself in what is called different types, though the causes are in general the

same. Fevers act on the system very similar to intoxication, which causes one man to be cross and malicious ; another, to be good natured [and kind ; another, to be stupid and weak ; another, strong and active ; making one foolish, and another witty ; yet all these different effects may be produced by rum from the same cask ; and when the cause is removed, they are right again. It is the same with fever : it makes one stupid, and another crazy ; one is very languid, and another much excited ; one is affected most on the lungs ; and another, on the head ; one, is very nervous ; and another, much debilitated. I wish here to be explicitly understood, that I consider it necessary to make different applications to these different appearances, according to their nature. But, I always make this my secondary care : the first object being, to remove the cause ; and while this is doing, or after it is accomplished, to attend to the effects :—if too much languor, give restoratives ; if too nervous, give such medicine as will quiet the nerves, &c.

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## INFLAMMATION OF THE LUNGS.

*Symptoms*—Febrile affections, succeeded by difficulty of breathing ; cough ; and an obtuse pain, under the breast bone, or betwixt the shoulders, increased on inspiration. A sense of fulness and tightness across the chest ; great anxiety about the heart ; restlessness ; loss of appetite, and sleep ; the pulse quick, and seldom strong, or regularly full ; the breath hot ; tongue covered with a yellowish mucus, and the urine turbid. By the obstruction of a free passage of the blood through the lungs, the veins of the neck are distended, the face swollen, with dark red colour, about the

eyes and cheeks. The pain in the chest, is generally aggravated by the patient's lying on the side most affected ; and very often, he can lie only on his back.

*Causes.*—Colds, obstructing perspiration, and thus producing a morbid determination to the lungs ; or, violent efforts, by over distension.

*Treatment.*—Such is the delicate structure of the lungs, that they will not sustain inflammatory attacks many hours, before the important functions are destroyed, or so much mischief produced, as to lay the foundation for consumption.

The plan, therefore, as advised in the pleurisy, for clearing the difficulties of the disease, should be used ; and salutary treatment be put into immediate operation, and not neglected until it is too late, as is often the case, by which so many lives are lost.

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## INFLAMMATION OF THE LIVER.

The liver complaint is marked by a pungent pain of the right side, rising to the top of the shoulders, something like that of the pleurisy ; attended with considerable fever ; difficulty of breathing ; dry cough, and often bilious vomiting ; great thirst ; with a pale or yellowish colour of the skin and eyes.

*Causes.*—Besides the common causes of inflammation, we may here reckon the following, viz : excessive fatness ; a scirrhus of the liver itself ; violent shocks, from strong vomits, such as tartar emetics, when the liver was before unsound ; any thing that

suddenly cools the liver, after it has been greatly heated ; stones, obstructing the course of the bile ; drinking strong wine, and spirituous liquors. And, in five cases out of six, the partial application of cold, or wet, when the body is heated, or over fatigued with exercise, &c.

*Treatment.*—In the treatment of the cases, which have come under my care, I generally commence with a regular course of medicine ; and, if this has not sufficient effect on the bowels, it is followed by a dose of balm, or pills. In some cases, I have found it necessary to administer the courses, as often as once in four days, until the cause is removed ; giving, between the times, the powders at night and morning ; and the stomach bitters, two or three times in a day.

The food should be easy of digestion ; such as veal, lamb, fowls, or fresh beef, or oysters. Moderate exercise, in the open air, is both agreeable and salutary to the patient.

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## INFLAMMATION OF THE STOMACH.

*Symptoms.*—Acute pain in the stomach, always increased upon swallowing the mildest drinks ; inexpressible anxiety ; great internal heat, (something like what is called the heart-burn) ; constant reaching ; and, as the disease advances, the pulse becomes quick and intermitting ; frequent hickups, and coldness of the extremities—and the patient is soon cut off.

*Cause.*—Acrid, or hard and indigestible substances ; corrosive poisons taken into the stomach ; or, drinking extreme cold liquors, while the body is in a heated state. It may also be occasioned by external injury.

*Treatment.*—Unless the inflammation can be resolved in the very beginning, there is danger of terminating in a mortification ; therefore, a violent pain, in the region of the stomach, with sickness and fever, should always be, at its first attack, quickly attended to.

In no inflammation, is the immediate use of the vapour bath so necessary as this, which attacks at once, the “ throne ” of life.—If a box cannot be had, the patient should be steamed over a tub,—the steam, about blood heat, will do—keep him in, as long as he can bear it ; and when he is taken out, he should be wiped dry. The emetic should be immediately given, without the cayenne. A tea-spoon full of elixir, may also be added to each cup of the emetic ; cold water, or pennyroyal tea, should be given freely.

If the sickness continues, after the emetic is done operating, strong camomile tea should be given. A bag of camomile, or hops, softened in warm vinegar, applied to the stomach, is also of great service, in this complaint. When the stomach will admit of nourishment, only that of the lightest kind should be allowed—rice water, crust coffee, oat meal gruel, and slippery elm, are the most suitable. Every thing, of an irritating nature, must be carefully avoided, for some time after the attacks.

## INFLAMMATION OF THE INTESTINES.

*Symptoms.*—Tension of the belly—obstinate costiveness—great internal pain—external soreness, especially about the navel, and so severe as scarcely to bear the slightest touch—great debility—hard, small, and quick pulse.

*Causes.*—The same generally, that induce the preceding disease : It may also be the sequel of other diseases, as rupture, colic, dysentery, worms, &c.

*Treatment.*—Whatever may be the cause, we must endeavor to bring about quickly a revolution, lest mortification be the consequence. The same treatment as in inflammation of the stomach, will also be proper here ; as emetics, and injections frequently repeated. The bath ; outward application is of great service, as bitter bath, softened onions, a flannel wet with the elixir, &c.

After the disease is subdued, the diet should be, for some time, of the lightest kind, and not flatulent. The patient must be kept quiet—avoiding cold, severe exercise, and all irritating causes.

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## INFLAMMATION OF THE KIDNEYS.

*Symptoms.*—Acute pain, and heat in the small of the back ; great numbness along the thighs ; and not unfrequently a retraction of one of the testicles ; reaching ; voiding the urine in small quantities—sometimes very pale, and at other times, of a high red colour, attended with febrile affections. The patient generally feels great uneasiness when he endeavours to walk, or sit upright ; and lies down with most ease on the affected side.

*Causes.*—Excessive exertions ; external injuries ; violent strains ; exposure to cold when heated ; and calculous concretion in the kidneys.



*Treatment.*—Keep the bowels open with the pills, or balm, and injections. Use the bath ; or foment the part with a hot decoction of cammomile, hops, or bitter herbs—or hot water alone. Give mucilaginous and diluting liquors ; as slippery elm, flax seed tea, and thin gruel. A decoction of peach leaves, is also beneficial in this complaint. Flannel, wet with the elixir, may be applied to the small of the back. If the disease has been improperly treated, or neglected, and a suppuration takes place,—known by a discharge of matter with the urine—a regular course of medicine should be given, which never fails of effecting a cure.

The diet should consist of the most mucilaginous substances, as arrow root ; sago ; milk ; custards, and rice water. In the convalescent state, moderate exercise in the open air is of great service.

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## INFLAMMATION OF THE BLADDER.

*Symptoms.*—Acute pain at the bottom of the belly, which is much increased by pressure. A frequent desire, and difficulty, in making water ; and frequent efforts to go to stool, attended with febrile affections.

The inflammation of the bladder proceeds, in a great measure, from the same causes as that of the kidneys. This disease must be treated on the same principle as the one immediately preceding. The diet must be light and thin. The lower part of the belly should be fomented with a decoction of bitter herbs, and injections ought frequently to be administered.

## HEAD-ACHE.

*Causes.*—Whatever obstructs the free circulation of the blood through the vessels of the head, may occasion head-ache. In persons of a full habit, who abound with blood, the head-ache often proceeds from the suppression of customary evacuations. A bleeding at the nose and sweating of the feet. It may likewise proceed from a morbid state of the system, as a foul stomach. It may proceed from a weak state of the nerves; and not unfrequently, that the partial, or nervous head-ache, as it is termed, is produced from a decayed tooth, which, on discovery, should be instantly extracted.—Those who are subject to this complaint, should bathe their head with elixir; avoid full meals, and always keep the feet warm and bowels in a regular state.—Whatever may be the cause, the surest method of treatment, is a regular course of medicine.

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## EAR-ACHE.

Ear-ache is frequently produced from living insects getting into the ear. The most effectual way to destroy them, is to blow in the smoke of tobacco; or pour in warm water, or sweet oil and elixir.

If occasioned by cold, inject warm milk and water in the ear; or bathe the side of the ear with elixir; if this produces not the desired effect, foment the ear with the steam of vinegar, or warm water; and apply a bag of camomile flowers, infused in boiling water and laid on often, as warm as can be borne.—When the inflammation cannot be dispersed, the veg-

etable powders and pills should be given. The patient should be placed in bed, and warm pennyroyal tea given, to make him perspire. A poultice of elm, and bread and milk, or roasted onions, may be applied to the ear—and frequently renewed—till the abscess breaks ; after which, it must be syringed twice or thrice a-day, with white oak, or hemlock bark tea, or with castile soap suds.

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## DEAFNESS.

This disease is caused by any thing injurious to the ear ; as loud noises from the firing of cannon—violent colds—inflammation, or ulceration of the membrane—hard wax—or by a debility, or paralysis, of the auditory nerves. It also frequently ensues in consequence of long protracted fever. It is difficult to remove deafness ; but when it is owing to a debility of some parts of the organ, or arises in consequence of any nervous affection, stimulants dropped into the ear, often prove salutary. Deafness, caused by cold, may be cured by raising the heat in the body and head, with an emetic, so as to remove the cold, which has caused the obstruction in the ears.

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## TOOTH-ACHE.

Tooth-ache is best removed by extracting the tooth ; but if this cannot be effected, fill the cavity with a little cotton or lint, saturated with the tincture of camphor, or elixir.

This unptied, though often excruciating pain, 'is in most cases, no more than the just punishment of our neglect of the teeth ; surely then, we ought to take some care of them, though it were only for the pleasure of having them sound. This care would be redoubled, were we but daily to consider the advantages of good clean teeth and sweet breath. Some women are, indeed, blessed with such lovely faces, that defective teeth and breath, cannot entirely defeat their charms. But, how different would be the effect, if they possessed teeth of ivory, white as snow, and pure as their fair owners, accompanied with breath as sweet as that of infancy.

*Prevention.*—To prevent the tooth-ache, and to preserve the teeth and breath perfectly sound and sweet, the tooth-brush, dipped in warm water, and then in the tooth-powder,\* should be used constantly every morning for whitening the teeth ; it is also admirable for correcting foul breath. The tooth-pick, and tumbler of warm water, should never be forgotten, after every meal.

If the calcareous crust, or tarter upon the teeth, adheres firmly, it should be removed by a dentist ; when the gums are spongy, they should be frequently pricked with a lancet, and gently rubbed with a powder, composed of equal parts of gum myrrh and bayberry bark.

Young persons who wish to carry fine teeth with them through life, must take care never to sip their tea scalding hot, nor to drink water freezing cold : such extremes not only injure the tender coats of the stomach, but often ruin the teeth ; and have caused many imprudent persons, to pass sleepless nights, distracted with pains of the teeth and jaws.

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\* See Tooth Powder.

## RHEUMATISM.

This disease has often a resemblance to the gout. It generally attacks the joints with exquisite pain ; and is often attended with inflammation and swelling. It is most common in the spring, and towards the end of autumn. It is generally distinguished by acute and chronic, or the rheumatism with, and without a fever.

*Causes.*—The causes of rheumatism are frequently the same as those of inflammatory fever, viz.—an obstructed perspiration—the immoderate use of strong liquors, and the like. Sudden changes of the weather, and all quick transitions from heat to cold, are also very apt to occasion the rheumatism.

*Symptoms.*—The rheumatism commonly begins with weariness, shivering, a quick pulse, restlessness, great thirst, and other symptoms of fever ; afterwards, the patient complains of flying pains, which are increased by the least motion. These at length fix in the joints, which are often affected with swelling and inflammation, and frequently the joints are distended. Very obstinate rheumatism has been brought on, by persons who are not accustomed to it, by permitting their feet to continue long wet ; the same effects are often produced by wet clothes, damp beds, sitting or lying on damp ground, &c. As rheumatism is the effect of directly—or indirectly taking cold, I have found it the surest method to remove it, by the opposite,---heat. This method I have pursued, in numerous cases, in which I have seldom failed of effecting a cure. In cases, where it chiefly affects the back, or some of the limbs, I give the vegetable powders and pills—bathing the parts affected with the elixir, and ointment, and using the steam, which generally cures the complaint in a few days.

When the stomach is foul—and the joints stiff, or swollen—the cords tightened—and muscles have lost their action, I always give a regular course of medicine, repeating it every other day, until the disease is removed. Between the courses, bathing the parts affected with elixir and ointment; keeping the parts warm with flannel. This course seldom fails of affecting a cure in a short time.

*Prevention.*—The use of flannel next the skin is the most effectual means of preventing the recurrence of the rheumatism.

In the rheumatism, no change whatever will be necessary in the patient's ordinary mode of living. Mustard, cayenne, and horse-radish, used freely in its natural state, or united with food, will be found very beneficial.—Exercise, either of the whole body, or of particular limbs, will be highly important: the want of exercise, is apt to produce stiffness in the limbs.

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## VACCINE DISEASE, OR COW-POX.

The vaccine discovery, may justly be considered as one of the most extraordinary blessings bestowed on man, since it is incontestibly, a certain security against the small-pox—a disease distressing in its symptoms, formidable in its appearance, doubtful in its event, and a disease to which mankind are generally exposed.

The comparative advantages, which the kine-pox has over the small-pox, are very great. First, It is neither contagious, nor communicable by effluvia. Secondly, it excites no disposition to other complaints. Thirdly, it can be communicated with safety to child-



ren, at the earliest age, and in almost every situation ; and fourthly, it is never fatal.

What more can be required to produce a general conviction of its superior utility ; the method of performing the vaccination, is to hold the lancet nearly at right angles with the skin, in order that the infectious fluid may gravitate to the point of the instrument, which should be made to scratch the skin repeatedly, until it becomes tinged with blood. The operator must be cautious, not to make the wound deeper than necessary, as the vaccinated part will be more liable to inflammation, which may destroy the specific action of the virus.

The most certain method of securing the infection, is to vaccinate with fresh fluid from the pustule ; but as this is often impracticable, it is advisable to hold the infected lancet over the steam of boiling water, to soften the hardened matter. Where the virus has been procured upon thread, make a small longitudinal incision in the arm, and insert in it the infected thread, and detain there by court-plaster, until the disease be communicated. Matter may also be procured from the scab. The mode of vaccinating from it, is the same as from the fluid ; taking care, however, previously to moisten it with warm water, and to use the matter of the inner side of the scab. The scab will frequently retain its strength for months, provided it be kept in a phial, from the air. The first indication of the success of the operation, is a small, inflamed spot, where the puncture is made, which is very distinguishable about the fourth, and fifth day. At the eighth day, when the pustule is fully formed, the effects on the constitution begin to appear. The general indisposition is commonly preceded by pain at the pustule, and in the arm-pit, followed by head-ache, some shivering, loss of appetite, pain in the limbs, and a feverish increase of pulse. These continue, with

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more or less violence for one or two days, and always subside spontaneously, without leaving any unpleasant consequences.

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## SMALL POX.

It would seem unnecessary to take any notice of the small pox, after having treated so largely of its mild and merciful substitute, the cow pox ; but as that dreadful disease does sometimes find its way on board of ships, and into country neighbourhoods—sweeping whole families in its progress—it may be very proper to subjoin the following history of its symptoms and treatment.

The small pox appears under two very different forms, the distinct, and confluent. In the first, which is by far the mildest, the pustules fill and assume a conical shape. In the last, and most dangerous, the pustules run together, and remain flat.

*Symptoms.*—A few days prior to the attack, the patient complains of languor and weariness, succeeded by cold and shiverings and transient glows of heat, immediately before the fever, which is accompanied by violent pains of the head and loins, and frequently with a severe, oppressive pain at the pit of the stomach. The patient is very drowsy, and sometimes delirious. About the third day, the eruption appears like flea-bites, first on the face and limbs, and afterwards on the body. From this, the pustules gradually increase, and on the fifth or sixth day, will begin to turn white on the tops. The throat, at this period, often becomes painful and inflamed ; and sometimes, on the

seventh day the face is considerably swelled. In the confluent, the spots assume a crimson colour, and instead of rising, like the distinct kind, they remain flat and run into clusters, and during the first days of the eruption, much resembling the measles, but of a purple colour. The flow of saliva is constant in this disease ; and becomes so viscid as to be discharged with the greatest difficulty.

*Treatment.*—The cure of small pox depends on very gentle treatment,—very far from the popular treatment, such as bleeding and giving mercury. The first method to be pursued, is to give a regular course of medicine in order to raise the heat and drive the cold and canker from the system. The heat is to be kept up by the vegetable powders and injections, warming teas should be given freely, such as pennyroyal, or snake-root and saffron, &c. A regular temperature of heat should be kept up in the room, as great transitions are dangerous. If this method is pursued, the disease will certainly be removed,

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## MEASLES.

This disease is the effect of a specific contagion, and attacks persons only once in life.

*Symptoms.*—Alternate heats and chills, shivering, pain in the head, drowsiness, fever, sickness, and sometimes vomitings ; cough, heaviness of the eyes, with swelling, inflammation, and discharge of watery humour from them—and also from the nostrils on the fourth day of the attack ; eruptions, like flea-bites, arise on the face and body ; and in about four days

more, those eruptions disappear with the fever—the skin peeling off; but the other symptoms remain, and even increase, especially the cough; which is also attended, in general, with difficulty of breathing, and oppression at the breast.

*Treatment.*—When the disease is very slight, little more is necessary than to keep the patient's body warm, and give freely of warming teas, such as saffron, snakeroot, hyssop, ginger, pennyroyal, &c. In the worst cases, where the cough is troublesome, it will be proper to give the vegetable powders, and tincture of emetic in pennyroyal tea. Injections should be given at the same time, prepared as directed.\*

*Regimen.*—The diet should be light and proportioned to the degree of fever. Oatmeal gruel, rice water, arrow-root, &c. will, in general, be all that is necessary, until the feverish symptoms are on the decline. Much caution is necessary that the patient be not suddenly exposed to cold air, which might repel the eruptions, and produce fatal effects.

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## CHICKEN, OR SWINE POX.

In this disease, an eruption much resembling that of small pox, in light cases, appears after a very slight fever. This eruption soon proceeds to suppuration, in which state it remains but a little time, before the disease terminates, by the drying up of the pustules, which seldom leave scars behind. In the treatment of this, medicine is very seldom necessary; it being

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\* See Injectional Regimen.

generally sufficient that the patient be kept moderately warm, and supplied with warming teas and light food. Should there be any fever, the best thing to be done, is to raise the inward heat by giving the vegetable powders ; when this fails, give a regular course of medicine, which never fails to relieve, if applied in season.

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## ERYSIPELAS, OR ST. ANTHONY'S FIRE.

This disease attacks persons at any period of life. The erysipelas attacks with a shivering thirst, loss of strength, pain in the head and back, heat, restlessness, and a quick pulse ; to which may be added vomiting, and sometimes delirium. On the second, third, or fourth day, the part swells and becomes red, and small pustules appear ; at which time the fever generally abates. When the erysipelas seizes the foot, the parts contiguous swell, the skin shines ; and, if the pain be violent, it will ascend to the leg, and will not bear to be touched. When it attacks the face, it swells, appears red, and the skin is covered with small pustules and filled with clear water. One, or both eyes are generally closed with a swelling ; there is also an inflammation of the throat, and difficulty of breathing, and swallowing. The manner I pursue in the treatment of this disease, is to cleanse the system from filth and cold with a regular course of medicine. I give the vegetable powders and bitters—repeating it two or three times a week, between the courses. In case the patient is costive, I give injections every day, until the swelling abates, when the injections may be dispensed with, and the balm and pills given, which never fails of effecting a cure. Outward applications, I find of great service ; as rose water, milk and water,

or weak salaratus water. All greasy substances are injurious. The keeping of the parts affected, covered with flannel, or wool, is of great service, as it defends from the external air, and serves to promote perspiration, which carries off the disease.

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## BLEEDING AT THE NOSE.

Bleeding at the nose, in febrile diseases accompanied with pain in the head, flushed countenance, and redness of the eyes ; this bleeding, in general, is salutary, and ought not to be checked, unless the patient is likely to be too much exhausted by it. However, when this discharge is too profuse, the patient should have his head raised, and his feet immersed in warm water. Cold water should be applied to the temples ; if this should not prove sufficient, lint, dipped in strong alum water, or a powder composed of cranes-bill and alum, of equal quantities, should be introduced into the nostril, on lint, with sufficient force to compress the orifice of the ruptured vessels. In light cases, snuff composed of cranes-bill and marsh-rosemary, is sufficient.

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## SPITTING, OR VOMITING OF BLOOD.\*

When there is a discharge from the mouth of blood, of a florid colour, brought up with more or less cough,

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\* The worst case that has come under my care, was of a young lady, by the name of C. L. Merrill, of Salisbury,



preceded by a sense of tightness, weight and anxiety in the chest, and attended with a saltish taste of the spittle, it is in consequence of ruptured vessels, caused by cold and canker, which eats off the blood vessels. Spitting, or vomiting blood, is not generally dangerous, unless in persons consumptive. The manner of treatment, in numerous cases, which have come under my immediate care, was to give from four to ten drops of the oil of fir-balsam twice a day, or oftener, as the case required. If the patient complained of pressure, or fixed pain of the chest, I have found it necessary to give a regular course of medicine, which seldom fails of effecting a cure.

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## CONSUMPTION.

This is a disorder much dreaded, but little understood. I suspect, a very large majority of people, think it is a disease confined to the lungs,—and so seated, that it is incurable—but this is a great mis-

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who had been in the habit of vomiting blood in large quantities, caused by the stoppage of the menses. In addition to this, she had what the faculty called a cancer, on the breast, five inches in diameter. The sore, it appeared, extended through the stomach, as she vomited the same kind of matter as that discharged by the sore. She had been under the care of ten physicians, (of the faculty,) in the course of two years, and still grew worse and was pronounced incurable. She was brought to my house in April 1836; and I commenced with the vegetable powders and pills. The third day, I gave her a regular course of medicine; and this was pursued, twice a week, until eighteen courses were given. In less than three months, she was cured, and continues to enjoy a good degree of health.

take. You will hear many say, that a person was never cured of a consumption ; yet if they have a friend sick with it, they will employ a doctor for months, to come and look at him daily, and give a prescription for the apothecary. Consumption, is a wasting away of the system,—be it in the flesh, the blood, or the lungs—and is seated the moment it takes effect. It is sometimes caused by taking cold, which never seems to arrive at an acute disorder, but continues to hang on the patient, till he is run entirely down, and he wastes away and dies, without scarcely being confined. But the greater part of the cases in our country are caused by tight-lacing ; or the remnants of some acute disorder, such as fever, measles, &c. which have never been properly treated, but mismanaged, by the use of deadly medicines, in a course of legal practice ; and, in short, any thing that causes obstruction in the system, will eventually produce consumption. It is sometimes attended with cough, from beginning, and sometimes only a short time before death. When caused by sudden colds, bad treatment in fever, measles, &c. the cough generally commences with the disease ; but in females, when caused by tight-lacing and other obstructions, it seldom attacks them till the disease is far advanced.

A cough is not a disease, nor is it injurious to the sick, but is a correct principle. Its purpose is to throw off the morbid matter from the lungs and glands of the throat, which is apparent from reason and from fact. When the morbid matter gathers on the lungs and glands, if there were no effort to throw it off, mortification, if not suffocation, would very soon take place : Yet, we often hear people in a consumption say, if they could only get rid of their cough, they should soon be better ; when, at the same time, if they should stop the cough, without first removing the cause of disease, they would not live a week. Hence

it is that thousands have lost their lives in tampering with the cough and trying to destroy it, while it is the only true friend they have in the case ; and the disease is left to prey upon the vitals, and is greatly assisted in its ravages by poisonous and deadly medicines. Their cough has been stopped, and they have grown worse from that hour ; and except when their cough has been restored to them, they have, in a short time, passed to the grave. Witness the great quantity people throw off from their lungs, or the glands of the throat. What must be the consequence, if it could not be removed ?

It gives me pleasure to declare, that there is medicine found in the vegetable kingdom, not only to soften and mitigate a cough ; but to remove the cause and cure consumptions. What is called consumption, is easily cured, if attended to in season. When the stomach has lost its action, and tubercles have formed in the lungs, the flesh consumed and the blood gone, the person must die. The method to be pursued in cure of this disease, is to give the vegetable powders, gin elixir, and bitters a few days. After this, give a regular course of medicine, once or twice a week, as the case may require. Between the courses, the peach cordial, vegetable powders, and elixir, should be given. While going through the courses, the patient should be allowed to eat such food as he craves. If the patient complains of a sharp pain in the side, shooting up between the shoulders in the operation of the emetic, with violent spells of coughing, great thirst, short breath, extremities purple and cold ; these symptoms are unfavorable. The best course in this case, is to dispense with the emetics, and give such medicines as will soften the cough, and make the patient comfortable.

## PILES.

Piles, are painful tumours about the fundament. Bleeding piles, are so called, from the blood flowing from the tumours. When the vessels only swell, and discharge no blood, but are exceedingly painful, the disease is called the blind piles. Persons who live high and lead a sedentary, inactive life, are most subject to this disease :—men are more liable to it than women. The piles may be occasioned, by strong purges of aloes, high seasoned food, drinking great quantities of fermented liquor, much riding, great costiveness—or, any thing that occasions hard or difficult stools. The piles are often brought on by sitting on the damp ground ; and sometimes, even in those who never had it before.

The cause of the bleeding, or blind piles, is owing to the impurities of the blood, and cold in the system. The surest and most speedy remedy in this complaint, is to cleanse the whole system from filth and cold, by a regular course of medicine, and this repeated every two or three days. Between the courses, the patient should take the vegetable powders, and drink freely of raspberry-leaf tea. When the piles are very painful, so as to deprive the patient of sleep, he should sit over a warm decoction of bitter herbs, and take large potions of valerian. The best external application is the canker wash, and poultices composed of slippery elm and pond lilly root, wet with strong tea made of solomon-seal, raspberry leaves, cranes-bill, or hemlock barks.

When the tumours become matured, as is frequently the case, an incision, made with the point of a lancet, is perfectly safe, and affords great relief.

## COSTIVENESS.

We do not mean to treat here of that costiveness, or restriction of the bowels, which is symptomatic of other diseases ; but that of the infrequency of stools, which sometimes happens, unconnected with any other disease,

Costiveness may proceed from drinking astringent liquors ; too much, or too little, exercise ; a long use of cold insipid food, which does not sufficiently stimulate the intestines. Sometimes it is owing to the bile not descending to the intestines, as in the jaundice ; and at other times it proceeds from diseases of the bowels, as palsy, spasm, tumours, or a cold dry state of the intestines, &c.

Another cause I am compelled to add, and one which I believe produces more costiveness and inactivity of the bowels, than all the others put together ; and that is the use of mercury and other mineral medicines.

Excessive costiveness is apt to occasion pains of the head and vomiting ; and is particularly hurtful to hypochondriac persons. Some people bear costiveness to a great degree.

Persons generally costive, should live upon a moist and laxative diet, as roasted or boiled apples, pears, raisins, figs, gruels, with butter, honey, molasses, and such like. Broths are likewise proper. Mucilaginous herbs, or slippery elm, flaxseed and the like, are proper. Rye bread is preferable to wheat ; and no person, troubled with costiveness, should eat wheat bread alone, especially that of fine flour.

Costiveness is increased by keeping the body too warm, and every thing that promotes perspiration, as

sleeping in warmed rooms, lying too long in bed, &c. Intense thought, and sedentary life, are likewise hurtful. All the secretions are promoted by moderate exercise without doors, and by a gay, cheerful and sprightly temper of mind. The drinks should be of an opening quality. All ardent spirits and astringent wines, ought to be avoided. When the body cannot be kept open by laxative diet, glysters should be resorted to. The patient should procure a large syringe, and use it with slippery elm and water, or molasses and water, every morning after breakfast, and make an attempt at stool, whether he has any inclination or not. By observing this regularly, a habit is soon established, and after a time, a daily evacuation of the bowels may be procured without the use the syringe.

Golden seal root, and bitter root, infused in wine, and drank for bitters, is a most excellent medicine. It is not only very strengthening to the stomach, but is also laxative, without weakening the system.

The following mixture will be found serviceable in the cure of costiveness.

Infuse one ounce of American rhubarb, and half an ounce valerian, and one fourth an ounce of cayenne, in a quart of good wine, and drink a wine glass full two or three times a day. Jellies, and warming and strengthening medicines, made slightly laxative, are appropriate.

Active medicine should never be used in this complaint, unless the bowels have been so long closed, as to render it absolutely necessary, and then should not be administered until the patient has gone through a regular course of medicine. A constant use of physic for costiveness is extremely foolish, as it continually increases the debility of the bowels, which is the cause of the disease. When physic must be taken, let it be rhubarb, which is not so weakening.



## WANT OF APPETITE.

This may proceed from a foul stomach, indigestion, the want of free air, the want of exercise, grief, fear, anxiety, or any of the depressing passions ; excessive heat, the use of any thing that palls the appetite, or is hard of digestion ; strong liquors, tobacco, opium, mineral medicines.

The patient ought, if possible, to make choice of an open dry air ; to take daily exercise ; to rise early, and avoid excessive heat, and great fatigue. If want of appetite, proceed from any other disease, that must be attended to ; if from errors of diet, it ought to be changed. If nausea, and reachings show that the stomach is loaded with crudities, an emetic will be necessary. After this, a gentle purge or two of balm or pills will be proper. The patient ought next to use some of the stomach bitters, or the stomach drops. In some cases of weak stomachs, the peach cordial will very soon create an appetite. If the stomach is inclined to sourness, or fermentation, the emetic should be repeated until the cause is removed.

A want of appetite, and loathing of food, is not usually an original affection, but prevails as a symptom of some other disease, such as canker in the stomach, and indigestion, and is therefore to be obviated by cleansing and healing medicines, such as powders, pills and bitters. In a general loss of appetite, when the stomach is loaded with bile, a regular course or two, will generally effect a cure.

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NERVOUS DISEASES.

Of all the diseases to which mankind are subject, those of the nervous kind are the most complicated

and difficult to cure. It would be difficult to point out their various appearances. They imitate almost every disease, and are seldom alike in two different persons, or even the same person, at different times. They are continually changing shape, and upon every fresh attack, the patient thinks he feels symptoms he never experienced before ; nor do they affect the body only, the mind likewise suffers, and is often thereby rendered extremely weak and peevish. The low spirits, timorousness, melancholy, and fickleness of temper, which generally attend nervous diseases, incline many to believe that they are entirely diseases of the mind. But this change of temper is rather a consequence than the cause of nervous diseases.

*Cause.*—Every thing that tends to relax or weaken the body, disposes it to nervous diseases, as indolence, drinking too much tea, or other weak and watery liquors warm, frequent bleeding, purging, and the use of metallic medicines. Whatever hurts the digestion ; as long, fasting, excess in eating or drinking, the use of flatulent, or unwholesome aliments, an unfavourable posture of the body, &c.

Nervous disorders often proceed from intense application to study,—nor is this to be wondered at—as intense thinking not only preys upon the spirits, but prevents the person from taking proper exercise, by which means the digestion is impaired, the nourishment prevented, and the solids relaxed. Grief and disappointment, likewise produce the same effects. Many nervous people date their disorders from the loss of a husband, or of a favourite child, loss of property, or some disappointments in life. In a word, whatever weakens the body, or depresses the spirits, may occasion nervous disorders ; as unwholesome air, want of sleep, great fatigue, disagreeable apprehensions, anxiety, vexation, &c. Many young men,

by dissipation, and living too fast, bring on premature old age, attended with a long train of nervous complaints.

*Symptoms.*—It would be an endless task, to enumerate the whole. They generally begin, however, with windy inflations, or distentions of the stomach or intestines ; the appetite and digestion are unusually bad ; yet sometimes, there is an uncommon craving for food, and a quick digestion. The food often turns sour on the stomach, and the patient is troubled with vomiting clear water, tough phlegm, or a blackish looking liquor, resembling the grounds of coffee. Excruciating pains are often felt about the navel, attended with a rumbling or murmuring noise in the bowels. The body is sometimes loose ; but more commonly bound, which occasions a retention of wind, and great uneasiness.

The urine is very irregular, sometimes being small in quantity, and at other times very copious, and quite clear. There is a great tightness of the breast, with difficulty of breathing ; violent palpitations of the heart ; sudden flushings of heat in various parts of the body ; and at other times a sense of cold, as if water were poured on them ; flying pains in the back and limbs ; pains in the back and belly, resembling those of gravel ; the pulse very variable ; yawning, hickup, frequent sighing, and a sense of suffocation, as if from a ball or lump in the throat ; alternate fits of crying and convulsive laughing ; the sleep unsound, and seldom refreshing ; and nightmare. As the disease increases, the patient is molested with dizziness, fainting, head-ache, cramps, and fixed pains in various parts of the body ; the eyes are closed, and often affected with dryness ; there is a noise in the ears ; and often a dulness of hearing. In short, the whole animal functions are impaired, the mind is disturbed on the most trivial occasions, and is hurried into the most per

verse commotions, inquietudes, terror, sadness, anger, diffidence, &c. The patient is apt to entertain wild imaginations and extravagant fancies ; the memory becomes weak, and the judgment fails.

Nothing is more characteristic of this disease than a constant dread of death. They are likewise apt to imagine that they labour under diseases from which they are quite free ; and are very angry if any one attempts to set them right, or laugh them out of their ridiculous notions.

*Regimen.*—Persons affected with nervous diseases ought never to fast long. Their food should be solid and nourishing, but of easy digestion—such as milks, meat, broths, pork, fish, oysters ; every species of wild fowls, and animal food. He should abstain from vegetables, fruit, and alcoholic liquors.

All excesses should be carefully avoided. They ought never to eat any more at a time than they can easily digest ; and heavy suppers are to be avoided. If they feel themselves faint and weak between meals, they ought to eat a bit of bread, and drink a cup of slippery elm, or milk. Every thing that is flatulent, and hard of digestion, must be avoided. Gentle exercise, in nervous disorders, is as useful as medicines. Riding on horseback, jumping rope, and swinging, these should never be neglected, if the patient is able to bear it. Walking, however, agrees better with some persons, and others may be benefitted by riding in a carriage. Every one ought to use that, which he finds most beneficial.

A cool dry air, is proper, as it braces and invigorates the whole body. Few things tend more to relax and enervate than hot air, especially that which is rendered so by great fires, or stoves. But when the stomach or bowels are weak, the body ought to be well

guarded against cold, especially in winter, by wearing flannel next the skin. This will keep up an equal perspiration, and defend the alimentary canal from many impressions to which it would otherwise be subject, upon every sudden change from warm to cold weather.

Persons who have weak nerves ought to 'rise early and take exercise before breakfast, such as digging garden, than which, nothing can be better; lying too long in bed cannot fail to relax the nerves. They ought likewise to be diverted, and kept as easy and cheerful as possible. There is not any thing which injures the nervous system, or weakens the digestive powers, more than fear, grief, or anxiety.

That any disease should require such precautions, both of mind and body, may appear rather frivolous to the hardy formed, or to other men who labour out of doors. And although they are unaccustomed to such complaints, they do exist in cities, and villages, particularly among those who have exhausted their constitutions in dissipation.

*Treatment.*—When the patient is costive, he ought to make use of injections, as directed in costiveness. This, although it may at first appear irksome, is attended with little trouble and great benefit. If physic becomes necessary, however, they should be of the mildest kind, as rhubarb, or some laxative and strengthening preparation. The golden seal, and bitter root, are both of a stomachic and laxative quality, and are extremely appropriate in this case.

Warming, stimulating, strengthening and bracing medicines are necessary in hypochondriac complaints. When the digestion is bad, and the stomach is relaxed or weak, the following bitters may be used with advantage,—first, give a regular course, if it appears

necessary :—take of pleurisy root two ounces, cranes-bill root, orange peel, and carroway seeds, each half an ounce, and velerian, an ounce—let all these ingredients be bruised in a mortar, and infused in a quart of brandy, for the space of five or six days ; a table spoon full may be drank in a glass of warm water sweetened, before meals.

Or, the following, which will not disappoint expectations :—Balm of Gilead buds, black cherry bark, golden seal root, dogwood or boxwood bark, bitter-sweet bark, and valerian of equal parts, all to be boiled in water, down to a syrup, strained and sweetened ; with sufficient spirits added, to preserve it. Dose—as much as the stomach will bear, two or three times a day.

Or, an infusion of horse-radish, valerian tea, and ginger ; or, the vegetable powders, stomach bitters and myrrh pills, &c. The valerian is highly necessary in this disorder, and should form a part of all medicinal compounds prescribed for it.

The following articles are suitable for this disease, and may be compounded according to the choice of the practitioner. Valerian, angelica, golden seal, cloves, horse-radish, ginger, gentian, pleurisy root, whitewood bark, carroway, balm of Gilead, myrrh, cayenne, skunk cabbage, lobelia, motherwort, camomile, bugle, cohush, bitter sweet, and cranes-bill root, &c. Some excellent strengthening, and stimulating preparations will be found among the recipes, applicable to hypochondriac complaints.

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### ST. VITUS' DANCE.

This disease is an involuntary, yet irresistible motion of the several muscles The patient uses many



ridiculous and antic gestures ; and what is very singular, those muscles only are affected which are distended for spontaneous motion, for the heart, lungs, and stomach are never injured by this whimsical disorder. It generally attacks young people, from the eighth year of their age to the time of puberty.

*Symptoms.*—The first symptom is generally a slight lameness of one leg, which the patient drags a little, and seems to have lost the power of regulating its motion. The arms next become affected, and are thrown into various contortions, which deprive persons affected with this disease of the power of feeding themselves, and their awkward gesticulations in attempting to bring articles of food towards their mouths, appear ridiculous. One side of the body is generally more affected than the other. The tongue is so much affected as to render articulation nearly unintelligible. If the disease continue long, it materially injures the constitution, sleep becomes disturbed, or in a great measure prevented, the mental faculties are impaired, and revert to childishness ; pain is often felt in the stomach, the appetite for food is regular, being occasionally ravenous, the countenance appears pale and languid, and the body and the limbs are much emaciated.

*Treatment*—Begin with a regular course, which should be repeated twice or thrice a week, till the patient is recovered. A few of the family pills may also be administered occasionally, and the powders, or stomach drops given, according to circumstances.

Nervines must not be neglected ; such as tincture of valerian, assafoetida, skunk-cabbage, &c. some one of which should be often taken. The vapor bath is very servicable in this disease.

## DYSENTERY, OR BLOODY FLUX.

*Symptoms.*—A discharge of mucus by stool, often bloody—violent gripings—pain in the loins—a constant inclination to go to stool, without being able to void any thing ; and sometimes fever.

*Causes.*—Putrid air—and improper aliment, as green fruit—obstructed perspiration ; and whatever increases the natural irritability of the intestines.

*Treatment.*—To conduct the patient safely through this disease, the bowels should be evacuated by pills, or balm—the vegetable powders and brandy elixir should be given ; often, in light cases, these are sufficient. In severe cases, it is proper to give the emetic and injections. The vegetable powders should be given morning and evening ; and the peach cordial, or stomach drops, two or three times a day—this course to be pursued until the disease is removed.

In this disease, the greatest attention must be paid to the patient's diet ; fresh fish, and every thing that has a tendency to turn putrid or rancid on the stomach, must be dispensed with.

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## EPILEPSY, OR FALLING SICKNESS.

The epilepsy is a sudden deprivation of all the senses, wherein the patient falls suddenly down, and is affected with a convulsive motion. Children, especially those who are delicately brought up, are most subject to it. It more frequently attacks men than women.

*Cause.*—The epilepsy is hereditary. It may likewise proceed from blows, bruises, or wounds on the head ; a collection of water, blood, or viscous humours in the brain ; a polypus ; tumours, or concretions, within the skull ; excessive drinking ; worms ; teething ; suppression of customary evacuations ; too great emptiness, or repletion, &c.,

*Symptoms.*—An epileptic fit is generally preceded by unusual weariness—pain of the head—dullness—giddiness—noise in the ears—dimness of the sight—palpitation of the heart—disturbed sleep—difficulty in breathing ; the bowels are inflated with wind ; the urine is in great quantity, but thin ; the complexion is pale ; the extremities are cold ; and the patient often feels, as it were, a stream of cold water, ascending towards his head. In the fit, the patient generally makes an unusual noise ; his thumbs are drawn in towards the palms of his hands, his eyes are distorted, he starts, and foams at the mouth, his extremities are bent or twisted various ways ; he often discharges his urine, and faeces, involuntarily, and is quite destitute of all sense and reason. After the fit is over, his senses gradually return ; and he complains of a kind of stupor, weariness, and pain of his head—but has no remembrance of what happened to him during the fit.

*Treatment.*—In the treatment of this disease, the same method should be pursued as in all cases of obstructions. Beginning with the powders, the person should go through a regular course ; this should be followed once in two days, until the cause is removed, which will be in the course of two or three weeks.\*

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\* I have attended several with this complaint, and never knew this mode of treatment to fail. In 1835, a child of

## HYSTERIC FITS.

This disease more frequently occurs in the unmarried or barren women, and those who lead a sedentary life. It frequently appears before the age of puberty, and seldom after the age of thirty-five years. The time at which it most readily occurs, is that of the menstrual period. It generally commences with universal languor and coldness of the extremities. The colour of the face is variable ; being sometimes flushed, and at other times pale. The pulse becomes unequal and obscure. The stomach is sometimes affected with vomitings, the lungs with difficulty of breathing, and the heart with palpitations. A painful sensation is often felt like that of a globe or a ball in the left side of the belly, advancing upwards, and producing the same uneasiness in the stomach, from which it rises in the throat, occasioning by its pressure, a sense of suffocation ; when a degree of fainting comes on, and certain convulsive motions take place, agitating the trunk of the body and limbs in various ways ; after which, alternate fits of laughter and crying occur, and a remission then ensues. In some patients, a violent beating pain takes place in some part of the head, as if a nail was driving into it. Sharp pains likewise attack the loins, back and bladder, and the patient makes an unusual quantity of urine as limpid as water, which is one of the most characteristic signs of the disease. The appearances which take place in this affection, are considerably varied in dif-

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mine, eight years old, was violently seized with the epilepsy. As soon as the fit commenced, I gave her the vegetable powders ; an injection was prepared and administered immediately, which greatly relieved her. I then gave her an emetic, which entirely cured her in a few days ; and she has not had an attack of it since that time. M. P.

ferent persons, and even in the same persons at different times. It differs by having more or less of those circumstances above mentioned ; by these circumstances being more or less violent, and by the different duration of the whole fit. This disease is caused by weakness—relaxed state, or contraction and inflammation of the womb. If the patient be young, and the spells of short duration, the vegetable powders, with large potions of the valerian every night, with injections made of the same, will speedily effect a cure. Great care should be taken to convince the patient that their complaint is the hysteric, as their resolution has a tendency, frequently, to cure the disease. But when there is much inflammation in the affected parts, and the complaint so violent as to cause fits, a regular course should be given—a tea-spoon full of skunk cabbage, or valerian root, should be given after the emetic has operated, and be repeated twice a day, until a cure is effected.

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## PALSY.

This is a disease consisting in a loss of the power of voluntary motion, but affecting certain parts of the body only, and by this it is distinguished from apoplexy. In the most violent degrees of palsy, the patient loses, both the power of motion and the sense of feeling, either on one side, or the lower part of the body. When it affects any particular part only, as the tongue, the lip, or eyelid, &c. it is termed a local palsy.

*Symptoms.*—If this disease be not the effect of apoplexy, it is often preceded by universal torpor, giddi-

ness, a sense of weight, or uneasiness in the head, dulness of comprehension, loss of memory, and a sense of coldness in the part about to be affected ; there is also tremor, creeping, and pain in the part.

*Causes.*—Compression of the brain, from any of the causes inducing apoplexy—certain poisons received into the body, as lead, arsenic, &c. It is also produced in consequence of extreme debility, and old age.

When it arises from diminished energy of the nervous system, both internal and external stimulants are required in order to restore the nervous system, and bring the muscles to their natural action. In this state, the vegetable powders, and elixir, should be given a few days ; then a regular course should be given—and repeated, as often as once in two or three days. At the same time, external stimulants must be daily attended to, such as dry frictions over the part affected, with a flesh brush, or rough cloth, or flannel impregnated with elixir, ointment, oil of rosemary, or sassafras. Stimulating the part with nettles, has produced good effects, as well as electricity. There are cases of palsy which are incurable, particularly when it attacks old people, and such as have taken mineral poisons for medicines.

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## SORE EYES.

This disease is so well known, as to render all description of it unnecessary.

*Causes.*—External violence done to the eyelids, or to the eye itself—extraneous bodies under the eyelids,



as particles of dust and sand—acid fluids or vapours—exposure of the eyes to a strong light—sewing, reading, or writing, especially by candle light. Inflammation of the eyes may also be caused by foul stomach, or bad humours in the system—or, may accompany other diseases of the eyes and of the neighbouring parts, such as turning inward of the eye-lids, or by styas growing on them. When the disease is moderate, and the exciting cause no longer exists, the cure is perfectly easy, requiring little more than external applications, such as washing the eyes frequently with warm milk and water, mixed with a little brandy, or canker wash. An egg boiled hard and cut in two, and the white taken from the shell and bound on the eyes, is a certain cure for inflammation caused by colds; but in severe cases, where it proceeds from foul stomach,—which is known by a constant pain in the eye—the emetic should be given, and repeated once a week; between the emetics, the pills and powders should be given, which never fails of effecting a cure.

*Prevention.*—To persons liable to this complaint the following instructions may be useful:—When the eyes are weak, all painful and fatiguing exertions of them should be carefully avoided, looking at the sun, sewing or reading by candle light, or sitting in a smoky room. If there be well grounded suspicion that the inflammation of the eyes originates from the suppression of the customary evacuations, they should, as soon as possible, be restored.

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## CRAMP.

A painful spasm of the calf of the leg or muscles of the toes, and sometimes of the stomach.

*Causes.*—Cold—stretching of the limbs—advanced pregnancy—acidity—indigestion, &c.

*Treatment.*—A cramp of the leg is best relieved, by standing up, and throwing the weight of the body on the toes, which forcibly extends the muscles, and thus takes away the spasm. If the cramp arises from acidity or indigestion, give every night, the vegetable powder and valerian—the pills every morning, and the stomach drops twice a day.

A cramp of the stomach, is best treated by a tea-spoon full of bitter root ; and valerian, with elixir, will generally relieve the patient : If these fail, an emetic should be given, and a hot stone should be applied to the stomach, which always affords immediate relief.

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## LOCK JAW.

*Symptoms.*—A rigid and painful contraction of all, or several of the muscles. Its first symptom is a stiffness in the back of the neck, increasing to pain, and extending next to the root of the tongue—then shooting into the breast ; and lastly, seizing the back.

*Causes.*—Wounds of the head, or extremities—or punctures of the slightest kind, as running a splinter under the nail, or into the toe, or finger.

*Treatment.*—On the first appearance of this alarming disease, five or six tea-spoons full of tincture emetic should be given, with large potions of skunk cabbage, or valerian : the steam should be used, and the patient should continue in the box as long as it can be

borne ; this in light cases is all that is necessary. But in more severe cases, when the jaws are locked, the injections should be given, made of valerian tea, a table-spoon full of green emetic, half the quantity of cayenne—it should be repeated every half hour, until it relax the system and excite vomiting. Efforts should be made to force a tea-spoon full of the said emetic in a tea-cup full of pennyroyal tea, into the stomach. Force it down, if it can be put through the teeth ;—if not, put it between the cheek and gum, and as soon as it reaches the roots of the tongue, the mouth will open, then give the emetic, as in other cases of the disease. This will relax the whole system, and the person will appear very languid ;—give such drinks as the patient craves. Should the spasm return, the same course is to be pursued, until the cure is made.

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## PALPITATION OF THE HEART.

In this disease, the motion of the heart is performed with more rapidity, and generally with greater force than usual, which may not only be felt by the hand, but often be perceived by the eye, and even heard. There is frequently a difficulty of breathing—a purplish hue of the cheeks and lips, and a variety of anxious and painful sensations. It sometimes terminates in sudden death.

*Cause.*—A morbid enlargement of the heart itself, and of the large vessels, a morbid condition of the system, and many of the causes inducing fainting.—When the disease arises from a morbid state of the system, and the action of the heart powerful, emetics are necessary, which should be repeated once a week.—

the vegetable powders and bitters should be given between the times of giving the emetic.

When there is reason to believe this affection is in consequence of debility, the peach cordial, or stomach drops, taken for some time, in the usual doses directed, is a certain remedy. When the nervous system is affected, large doses of valerian will be found very serviceable. Those who are subject to a palpitation of the heart, should carefully avoid violent exercise.

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### HEART-BURN.

What is commonly called the heart-burn, is not a disease of that organ, but an uneasy sensation of heat, or acrimony, about the pit of the stomach, which is sometimes attended with anxiety, nausea and vomiting. It may proceed from debility of the stomach, bile, or the abounding of an acid in the stomach.

The first step towards a remedy, is to remove the unpleasant sensation existing, which may be done by taking either a small potion of saleratus, or table spoon full of magnesia in a glass of water or tea, or a tumbler of mucilage of gum-arabic, or flaxseed tea taken cold, with a small piece of liquorice ball dissolved in it.

But to cure the disease effectually, give the emetic, and afterwards the pills, powders, and bitters, which will bring the stomach to its natural action, and effect a cure.

The diet of those who are subject to this complaint, should consist chiefly of animal food ; and all fermented or acid liquors, and greasy aliment, must be strictly avoided.

## INDIGESTION, OR WEAKNESS OF THE STOMACH.

*Symptoms.*—Want of appetite—nausea, sometimes vomiting—stomach-burn—costiveness—distensions of the stomach, particularly upon taking a small quantity of food—frequently rising into the throat, of a sharp acid liquor, and eructations of imperfectly digested matter.

*Causes.*—Repeated colds, humours, or canker, errors and irregularities in the mode of living, intense study, an immoderate use of tobacco, or ardent spirits.

*Treatment.*—If the patient complains of oppressed stomach, with nausea, give the powders and stomach bitters for two or three days, then a regular course should be given, repeating it once in four days ; between the courses, give the powders and pills. When the patient complains of a pain in the stomach, resort to the remedies for heart-burn. Should this fail, give valerian ; and in case of costiveness, administer injections. This treatment will generally cure the pains ; after which, endeavor to restore the tone of the stomach by strengthening medicines, such as cordial or stomach drops, &c. The costiveness peculiar to persons in this complaint, must be removed by medicines, which gently force the intestines to a more regular discharge of their contents ; and this effect is best obtained by bitter root, golden seal, mustard, or American rhubarb chewed every day, and the saliva, only, swallowed.

Injections should also be given every day. Strong purgatives are unfit to correct the habits of costiveness, as they weaken the action of the intestines, and thereby increase the complaint, when the evacuations are over.



## COLIC.

*Symptoms.* A violent pain in the bowels, originating from constrictions, attended with costiveness, and sometimes vomiting. The pain is commonly seated about the navel, and resembling various sensations, such as of burning, twisting, boring, or a ligature drawn very tight across the intestines. It comes on without fever, but which soon follows, especially if inflammation takes place in the intestines.

*Causes*—Flatulence ; indigestible aliment taken into the stomach ; acid bile ; hardened fæces ; costiveness ; worms ; drinking too freely of acids ; sudden checks of perspiration ; and the taking of poisons—such as arsenic, antimony, quicksilver, lead, &c.

*Treatment.*—When the disease, evidently arises from wind, (as may be known by a rumbling in the bowels, by pressure on the belly, or by the ease experienced from a discharge of it, or by the patient's lying on the belly,) half a glass of gin elixir, or a tea-spoon full of powders will generally give relief. But in severe cases, where the pain is fixed and acute, a regular course is advisable, in order to cleanse the system from colds and canker, to remove obstructions, and to prevent inflammation. Next the action of the intestines must be excited by purgatives, such as pills, balm, senna, and mustard seed, aided by injections ; a hot stone, or bitter bath, applied to the bowels, is of great service. If the pain continues obstinate, this method should be repeated. Two or three courses never fail of affecting a cure. Children are frequently subject to the wind colic ; bathing the bowels with elixir, and giving a tea-spoon full in warm water sweetened, affords immediate relief.



## HICKUP, OR HICCOUGH.

This disease is a spasmodic affection of the diaphragm and sometimes of the stomach, from the irritation of acidity, poisons, &c.

When acidity is pointed out to be the cause, half a tea-spoon full of salaratus dissolved in half a cup of warm water, or a tea-spoon full of calcined magnesia, will frequently stop it. When occasioned by poison, or improper food, an emetic will be necessary. If the spasms continue violent, a regular course should be given. In weak stomachs, oppressed with indigestible food, two or three tea-spoons full of elixir, or stomach drops, will often give relief. Elixir applied externally to the stomach is also a good remedy. Sometimes swallowing a few times without breathing will stop it.

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## ASTHMA.

This disease is often hereditary. When attended with an expectoration of phlegm, it is termed moist or humoral ; and when with little or none, dry or nervous asthma.

It generally attacks at night with a sense of tightness across the breast, and impeded respiration. The person thus taken, if in a horizontal position, is obliged immediately to get into an erect posture, and solicit a free and cold air. In violent paroxysms, speaking is difficult and uneasy. To these succeed heat, fever, pain of the head, sickness and nausea, palpitation of the heart, a weak and sometimes intermitting pulse, an involuntary flow of tears, bilious vomiting, &c.

*Treatment.*—On the first attack of asthma, the powders are serviceable. If the pain in the chest and difficulty be considerable, the tincture emetic, from four to six tea-spoons full in pennyroyal, has afforded immediate relief. When the paroxysm comes in consequence of a loaded stomach, an emetic will be found serviceable. When the asthma is hereditary, there is very small ground to expect a cure, although the complaint may be much mitigated by emetics, cough powder, &c. When it proceeds from a bilious state of the stomach, or indigestion, which may be known by fever, pain of the head, sickness, bilious vomiting, the surest remedy is the regular courses. This method to be repeated once or twice a week, until the cure is made, which seldom takes more than two or three weeks. In every stage of this disease, the greatest attention must be paid to keep the bowels open, by mild laxatives, or injections.

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## JAUNDICE.

This disease is known by yellowness of the skin, and eyes, but chiefly of the eyes; the urine is also yellow; inactivity, anxiety, and uneasiness at the pit of the stomach, and itching of the skin. There is likewise a species of this disease called the black jaundice, which ends in mortification and death.

*Causes.*—The cause of the jaundice is an obstruction of the bile, or what is contained in the gall-bladder, through its natural channel, of its ducts; spasmodic constrictions of the ducts themselves, pressing from adjacent tumours; or stone in the gall.

*Treatment*—The indications of cure are the removal of obstructions, which as they originate from different causes will require different modes of treatment. As viscid bile is the most common cause of this complaint. In full habits, and where there are feverish symptoms, begin with the vegetable powders ; afterwards give a regular course—the day after, a dose of pills or balm. If one course does not remove the cause, it should be repeated once or twice a week, until it is removed. The powders should be given every morning and evening—the stomach bitters should be given two or three time a day, which seldom fails of effecting a cure.

In light cases, all that is needful to effect a cure, is the powders twice a day, the bitters two or three times—the pills or balm, every other night. The diet ought to be regulated according to the constitution of the patient. In feverish habits, the diet should be low ; and in case of excessive debility, it should be of the most nourishing kind. Vegetables, as they create flatulency and acidity, are to be avoided.

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## WHITE SWELLING.

This disease is distinguished by an acute pain, without any external inflammation of a joint, attended with a gradual increase of its size. Though all the joints are occasionally subject to it, yet its most usual seat is in the knee. White swellings are generally of a scrofulous nature, but sometimes they are produced by a rheumatic affection, and sometimes follow strains that have been neglected, or badly treated.

*Treatment.*—As soon as an affection of this kind is discovered, the patient should remain in the house, and the affected limb be kept perfectly at rest, without which, remedies cannot produce any good effect.

The great object in view in order to effect a cure should be to prevent the formation of matter, by the application of bitter baths to the parts affected; the patient should be carried through a regular course; and while under the operation of the emetic, the joint should be kept wet by means of a sheet dipped in cold water and placed around the part affected two or three hours. After the local affection is somewhat abated, friction with elixir and ointment, will have a good effect; the joint is to be rubbed well, two or three times a-day, and covered with a piece of flannel soaked in the elixir and ointment. If the disease continues to advance in spite of these remedies, the courses should be repeated twice a week. Vegetable poultices\* should be applied often, until various abscesses appear, which should be opened, and afterwards treated as ulcers.

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## POISONS.

The cure of poisons swallowed, whether vegetable, or mineral, require either an immediate evacuation, or a contraction of their effects. Therefore, as soon as possible, give an emetic in large potions, assisted by copious draughts of pennyroyal tea, or warm water. To remove the stupefaction, which generally ensues after a large dose of opium, acids of the vegetable

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\* See Poultice.

class, ought to be given freely, but if the patient lay in a deadly stupid state, with cold extremities, warm injections prepared with large potions of emetic, ought to be instantly given, and repeated in order to excite vomiting.

When mineral poisons are taken, if a vomiting does not follow, attempt the expulsion by an emetic as above described ; and let it be followed with large potions of sweet oil, which should be administered for four or five days, until the cure is completed. The use of milk and mucilaginous drinks, in large quantities, do good, by doing away the acrimony of the poison, and must not be omitted. The same method should be pursued, if arsenic, corrosive sublimate, sugar of lead, tartar emetic, or any metallic salt has been taken ; and unless the remedies are quickly resorted to, death inevitably will take place.

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## HYDROPHOBIA, OR BITE OF A MAD DOG.

This distemper, occasioned by the bite of a mad dog, is so dreadfully alarming at all times, that we ought as the best means of security, to endeavour by all means to prevent it. A true description of this disease has been given by a number of writers, and is worthy of a place here. It is of more importance here to notice the symptoms in the dog than in the patient bitten, that we may be on our guard to prevent the disease, and its sad effects.

The dog may be known to be rabid by his dull heavy look—his endeavour to hide himself—seldom or never barking—being angry and snarling at strangers, but fawning on his owner—refusing all food—droop-



ing—hanging down his ears and tail, and often lying down as if going to sleep. This is the first stage. The next, begins to breathe quick and heavy, shoots out his tongue and froths at the mouth—looks half asleep—flies suddenly at standers by—and runs forward in a curved line. At length, he knows not his owner—his eyes are thick and dim, and water runs from them—his tongue is of a red colour—he grows weak and faint—often falls down, and grows furious and mad : the nearer to this state, the more dangerous the bite. The poison of hydrophobia is generally communicated by a wound, which nevertheless heals as soon as a common wound.

*Symptoms.*—In a certain interval after the bite, generally, however, between the twentieth day and three or four months, pain or uneasiness occurs in the bitten part, though the wound may have been long healed. Anxiety, languor, spasm, terror, disturbed sleep, difficult respiration succeed, and are very much increased. Violent convulsions affect the whole body, hideously distorting the muscles of the face ; the eyes are red and protruded ; the tongue swells, and often hangs out, and viscid saliva flows from the mouth. There is also pain in the stomach, with bilious vomitings, and a horror of fluids, which is a sufficient characteristic of the disease.

*Treatment.*—Where the disease is once begun, the vegetable emetic and injection should be given, as the infection from the wound is diffused through the system—and in fact, the whole body is deranged. The surer method, therefore, to be pursued, is a frequent repeating of the emetics, and injections, which if applied in season, will cleanse the system from all infection. A strong decoction of chick weed, and plantain, for constant drink is highly serviceable. Sweet oil, in large quantities, is highly recommended for this malady. Strong poultices composed of cayenne, lobe-



lia, plantain and elm should often be applied to the part affected by the bite.

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## CHILBLAINS.

Chilblains are inflammatory swellings, chiefly affecting the heels, feet and toes, and sometimes the arms and hands, and attended with great pain and a degree of itching. This is owing to a weaker action of the small vessels most remote from the heart, occasioned by cold or dampness, and occurs most frequently among children and people of delicate constitutions.

Where the parts are frost bitten by a long exposure to the cold, they should be plunged into the coldest water and afterwards rubbed with the vegetable elixir. When they are only benumbed, they may be rubbed with the tincture of camphor, or itch drops ; but when they crack and discharge an acrid matter, poultices should be applied, but not for any length of time, as their continuance is apt to produce fungous excrescences. The application of canker wash, or itch drops, to the part, if the exciting causes be avoided, will afterward effect a cure. The powders should be given night and morning ; and to raise a heat in the system, pills should also be given.

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## WARTS.

When warts are attended with inconvenience, they may be removed by a ligature. Bathing the hands

with elixir, several times a day, and applying the milk of green sullendine, will effect a cure.

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## CORNS.

Corns are formed entirely by pressure and friction ; and we must carefully avoid the cause by wearing wide shoes. For their removal, corns should be bathed for some time in the vegetable elixir, and then pared off as much as possible, without giving pain ; after which apply around the toe, above or below the corn, a strip of cotton five or six inches long, a quarter of an inch in width. Botanic ointment should be applied to the corn once a day ; and the corn should be trimmed as often as it becomes hard. In a short time it will come out by the roots.

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## TUMOURS, OR BILES.

Every tumour terminates in one of the following ways. By an absorption of the substance into the circulation, by a conversion into pus, or degeneration into scirrhus or cancer.

When they appear on any part of the body with a degree of pain, tension and inflammation, that may induce us to believe it to be the effects of nature to get rid of some noxious matter. Their suppuration in all cases should be promoted as soon as possible, by warm poultices, as milk and cracker, elm, pond lilly,

ginger, renewed every three or four hours. When the suppuration is completed, if the matter does not make its own way out, the tumour is to be opened with a lancet, after which, the part should be washed with warm castile soap suds, applying the poultices, until it begins to heal. After this, it should be washed with the tincture of myrrh, to prevent fungus, or proud flesh; if it appears, it must be destroyed by sprinkling burnt alum, or cranes bill over it. Ointment, or salve, will be found serviceable. Attention must also be paid to the general state of the system, since if that particular state on which the humours depend, is not changed, the patient may be harassed a considerable time by their recurrence. However the powders, elixir, and pills should be employed, and these followed by a regular course, which should be repeated two or three times if the case requires. A tumour on the gums is to be brought to suppuration by applying roasted figs, or raisins, internally to the part, as warm as can be borne; and afterwards the mouth is to be frequently washed with astringents. But when it arises from a carious tooth, a removal of it becomes necessary in order to effect a cure.

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## SCALDS AND BURNS.

If the following simple manner of treating burns is strictly attended to, most cases may be speedily cured, and without much pain or smart. In all cases of bad burns, the patient must not fail to take something stimulating, such as cayenne, warm powders, elixir, &c. and in some cases, an emetic is necessary. As soon as the accident happens, the part should be kept wet by means of a cloth wet in cold water, a number of

raw potatoes should be immediately grated or scraped, and spread on a thick piece of cloth, sufficiently large to cover the part that is burned or scalded—this should be allowed to remain six or eight hours, and if the potatoes become dry, and the pain or smart increases, the cloth should be wet with cold water ; this manner of treatment seldom fails to allay the inflammation, even in bad cases, in six or ten hours. As soon as the inflammation is out, the part should be washed with castile soap suds ; the salve should be spread on linen cloth, and applied to the affected part. This should be repeated every six hours, until the cure is made—the patient should be kept comfortably warm.\*

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\* The case of a young man came under my care in Lowell in 1832, at Capt. W. Wyman's. He was burnt by an accidental explosion of gunpowder, and so badly, that the skin fell from his face, arms, and hands. I applied cold water first, until potatoes could be scraped, which were then applied as mentioned above, in eight hours the inflammation was wholly out. I then washed the parts with castile soap-suds, and applied the salve—repeating the washing and salve three times a day, and in eight days I had the happiness to find an entire new surface formed, and the young man wholly cured.

A child of Mr. Carr, of Lowell, was badly scalded with boiling tea. As soon as the accident happened, Mr. Carr called on me. I found the child much injured by the scald, on the neck and arm, the skin was removed in taking off her clothes. A cloth was wet with cold water and applied to shield the injured parts from the air. Potatoes were immediately scraped, spread on a cloth and applied. In a few moments her cries, which had been most heart-rending, ceased, and the little sufferer fell asleep. The next morning the inflammation was out—it was then washed with soap-suds, and the salve applied, and the powders were given to keep up the inward heat. By this course of practice, on the fifth day she was perfectly cured. M. P.

In some cases where the burn has been wrongly treated, where spirits of turpentine, oil, soap, molasses or rum has been applied, poultices made of elm, crackers or rye meal, and wet with raspberry leaf tea, should be used. The tincture of myrrh will also be found serviceable. When there is an indication of fever, or convulsions, a regular course should be given, keeping the part wet with cold water until the emetic has done operating.

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## ERUPTIONS OF THE SKIN.

There subsists so intimate a relation between the internal and external parts of our body, that no disorder scarcely takes place within, that does not show itself ultimately on the surface.

Diseases of the skin are therefore very numerous, and as they most commonly arise from a constitutional cause, they should be treated by general remedies. Persons of relaxed habits, especially females, are subject to an eruption, attended with redness and soreness of the skin, forming large spots on the face and neck. This is certainly the marks of a constitutional debility, and can only be removed by strengthening medicines, such as powders, bitters, stomach drops, cordial, &c. Outward applications are of great service, such as canker wash, itch drops, or washing the eruptions in strong raspberry leaf tea. Attention should always be paid to a frequent change of linen. Cutaneous eruptions oftentimes arise from foulness of the stomach, in which case occasional vomiting and purging are found to be highly useful. There are eruptions in persons of apparent health, which are the causes of an inflam-



ed liver, from a too frequent use of wine and spirits and high living.

An attempt to remove these pimples by external means would not only be fruitless, but highly dangerous ; and their cure can only be effected by gradually correcting the habit of intemperance, both in eating and drinking.

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## SCURVY.

This disease is known by the following symptoms. An unusual weak state of the body ; pale and bloated countenance ; the breathing affected on the slightest exertion ; the gums soft, swollen, and inclined to bleed on being rubbed ; and sometimes putrid ulcers are formed, the teeth become loose, the breath fœtid, and the urine high coloured. The heart is subject to palpitation—the lower extremities to dropsical swellings—the body to pains of a pleuratic, or rheumatic kind ; besides which, blotches and ulcers break out in different parts of the skin—and often terminating in mortification.

*Causes.*—Cold moist air ; scanty diet ; an indolent life, with luxurious indulgences ; impure water ; corrupted provisions, and whatever may weaken the body.

*Treatment.*—The same method should be pursued in this case as in all other cases of obstructions, which is to warm and clear the system of cold and canker, by the regular courses ; that powders, pills, elixir and bitters should be given between the courses. When the gums are enlarged, ulcerated and fœtid, the mouth



should be frequently washed with a decoction of pond lilly, sumach, or raspberry and hazel leaves, and the gums rubbed with the tooth powder. The scorbutic ulcers should also be washed with tinctures of myrrh. These ulcers may be known by their soft and spongy edges. The patient should be allowed such food as suits best ; a vegetable diet is to be preferred. As nothing is of more importance to the scorbutic, than breathing pure fresh air, they should at all times be well supplied. Seamen, affected with it, ought constantly to keep on deck in fair weather.

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## ITCH.

The itch consists of small watery pimples of a contagious nature, which first appear between the fingers, and on the wrists, but in the process of time spreading over the whole body, except the face, attended with a great degree of itching, especially after being heated by exercise, or when warm in bed.

People ought to be extremely cautious lest they take other eruptions for the itch ; as the stoppage of these may be attended with fatal consequences. Many of the eruptive disorders to which children are liable, have a near resemblance to the itch ; and infants are sometimes killed by being rubbed with greasy ointments that make these eruptions strike suddenly in, which nature had thrown out to preserve the patient's life, or to prevent some other malady.

The best remedy yet known for the itch, is the itch drops, bathing the parts night and morning by the fire, or in bed, and taking the powders at the same time.

This method should be continued until a cure is performed, which is generally within a few days. There is no need of changing the clothes, the drops which cure the infection, will cleanse the clothes. There is no danger by exposure, as the powders keep up the inward heat, while the drops remove the eruptions. This method I have found perfectly safe, to old and young, in numerous cases.

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### TETTER, OR RING WORM.

This is an eruption that attacks various parts of the skin, in a circle, with an inflamed basis, which gradually spreads, forming an extensive excoriation, sometimes moist, and other times dry ; and is attended with smarting and itching, succeeded by scurfy scales. If the habit of body be not faulty, external applications alone, are often sufficient to remove this affection. The vegetable elixir, itch drops, or canker wash, are excellent remedies. Covering the eruption daily with juice of black walnut has often effected a cure. Where the disease is stubborn, internal medicines must be administered, such as powders, pills, and bitters. If this is not sufficient, the person must go through a regular course, which will effect a cure.

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### SCROFULA, OR KING'S EVIL.

This disease is most frequent among children, who are ill fed, ill lodged, and ill clothed ; it is also hered-

itary but never contagious. It most commonly occurs in children from the third to the tenth year ; frequently, however, it discovers itself at a later period, in habits peculiarly disposed to it. It is known by indolent hard tumours of the lymphatic glands, particularly those of the neck, behind the ears, or under the chin. Sometimes the scrofula attacks the arms-pits, groins, feet, hands, eyes, and breast. In the progress of the disease, these tumours degenerate into ulcers of bad digestion ; the discharge of which consists of a white curdled matter, and previous to their breaking, they acquire a sort of purple redness, and a softness to the touch. In whatever form it appears, it is nothing more nor less than canker, caused by cold, or obstructions in the glands.

*Treatment.*—The only sure cure of this disease, is to clear the whole system by the regular courses, and these should be repeated twice a week until the cure is made. Powders, bitters, pills and elixir, should be given for some time afterwards. A decoction of perola, two tumblers full a day, is of great service in this complaint. When the ulcers discharge, they should be washed with the tincture of myrrh ; if they are much swelled and painful, vegetable poultices should be applied ; and when the abscesses are cleared of canker, they should be washed with canker wash, and the ointment applied until they are healed.

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## SCIRRHUS, OR CANCER.

A cancer is a spreading sore, preceded by a hard or scirrhus swelling of the part, attended with pain, and, for the most part, with a thin foetid discharge.

Any part of the body may be the seat of this disorder, though it is mostly confined to the glands. A scirrhus in the breast commences with a small hard and moveable kernal like a pea, without discoloration and without pain. This generally increases in size and in hardness ; the neighboring parts become affected with a sense of pain and uncommon heat, as if touched with fire, or pierced with sharp needles. Inflammation now succeeds, which ending in an ulcer or open sore, the cancerous state begins. When the surface of the skin is attacked by a cancer, it generally begins with a small excrescences of a watery kind, which becomes a cancerous ulcer on suffering even the slightest irritation.

This is a disease which many endure for years ; as it is agreed that cancers cannot be cured, from what several have written, except by the knife, or caustic. It appears that the disease is but little understood, although it is represented by authors, as one of the foulest kind, yet they acknowledge it is a disease for which no certain remedy is known.

Numerous are the prescriptions for this disease :— blood-letting, wearing a rabbit's skin about the part affected, mercurial plasters, lead water, solution of arsenic, opium, blistering, leaches, infusion of deadly night-shade, and poison hemlock, and all these without the least encouragement of a cure.

It is evident that the disease originates from the impurities of the blood ; and in order to effect a cure, the cause must be removed, and the effect will then be experienced. This is to be done by cleansing the whole system of cold and canker, by the regular courses, repeating the courses twice a week, for six months, if the cure is not made before. While attending to this, apply the cancer plaster, which goes into the sore and reduces it. The plaster should be

repeated as often as it falls off, until the cure is performed.\*

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## GRAVEL, AND STONE.

These diseases are the consequences of a peculiar disposition of the fluids, but more particularly of the secretion of the kidneys to form a calculous matter, and have been supposed to be owing to the presence of an acid principle in them, called the urinic acid. When small stones are lodged in the kidneys, or discharged along with the urine, the patient is said to be afflicted with the gravel. If one of these stones happens to make a lodgment in the bladder for some time, it accumulates other matter, and at length becomes too large to pass off with the urine. In this case the patient is said to have the stone.

*Causes.*—The stone and gravel may be occasioned by strains—the frequent use of mineral poisons—the use of astringent wines—a sedentary life—the constant use of water impregnated with earthy or stony particles—aliments of an astringent or flatulent nature, &c. Persons in the decline of life, and those who have been much afflicted with the gout, or rheumatism, are most liable to it.

*Symptoms.*—Stone, or gravel, is known by a fixed pain in the loins, sickness, vomiting, and sometimes

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\* In a case of cancer in the breast, I attended one person twenty-four times in the space of three months, practising as above. Between the courses, powders, pills, and bitters were given. At the expiration of the time the patient was fully cured, and has not been troubled with it since.



bloody urine, and not unfrequently with a slight suppression of urine. When the stone descends into the urethra, and is too large to pass along with ease, all the above symptoms are increased ; the pain extends toward the bladder ; the thigh and leg of the affected side are benumbed, and the urine is obstructed. A stone in the bladder is known from the pain at the time, as well as before and after making water ;—from the frequent inclination to void the urine ; from the urine coming away by drops, or stopping suddenly when running in a full stream,

*Treatment.*—In the first symptoms of gravel, the vegetable powders, and gin elixir, should be given morning and evening—the balm should be given every night—a strong decoction of bear-berry,\* or wild cranberry sweetened with honey, used for constant drinks ; with the assistance of lobelia pills, from four to six every night, is of great service in removing the cause of this distressing disease.

In the advanced stages of this disease, it will be found requisite to administer the regular courses twice a week, and these should be followed with powders, stomach bitters, injections made of pennyroyal, valerian, and cayenne, steeped together, adding half a teaspoon full of green emetic to the preparation—whortleberry-leaf tea, for constant drink, is found very serviceable in this complaint : this mode of treatment must be pursued, and it will dissolve the stone and remove the cause.

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\* See Bear-berry.



## SUPPRESSION OF URINE.

A stoppage of urine may proceed from various causes ; as an inflammation of the kidneys, or bladder ; small stones or gravel lodging in the urinary passages ; hard fæces lying in the rectum ; pregnancy ; a spasm, or contraction of the neck of the bladder ; venereal clap ; stricture ; clotted blood, &c.

If the obstruction proceeds from inflammation of the kidneys or bladder, the treatment will be found before described. Very small gravel, by getting down into the neck of the bladder, irritates it so as to produce a spasm ; or the gravel may be so large as totally to obstruct the passage : and when either of these is the case, the regular course may be depended on in removing the obstructions, and opening the passage. In addition to this, a large poultice of softened onions must be laid over the lower part of the belly. These will relax the spasm, and give speedy relief. If there is a stricture of the urethra from the venereal disease, the courses should be given as often as the case requires ; between the courses, the oil of pumpkin seeds, or cleavers, may be given, and an onion poultice applied outwardly to relax the constriction.

In all inflammatory or spasmodic obstructions, fomentations are beneficial. These may consist of decoctions of mild vegetables, as mash mallows, camomile, hops, wormwood, &c. Cloths dipped in these may be applied to the part, or warm herbs may be put in a flannel bag and laid on. In all obstructions of urine, the body ought to be kept open by warm injections.

The food must be light and mucilaginous, as weak broths, decoctions of marsh mallows, comfrey, elm, &c.

## DROPSY.

This disease is known by a swelling of the whole body, or some part of it, occasioned by a collection of watery humour. It is distinguished by different names, according to the part affected, as anasarca, or a collection of water under the cellular membrane ; ascites, or a collection of water in the bowels ; hydropspectoris, or dropsy of the breast ; hydrocephalus, or dropsy of the brain.

Anasarca,\* or general dropsy, generally begins with a swelling of the feet and ancles towards night, which for some time disappears in the morning. In the evening the parts, if pressed with the finger, will pit. The swelling gradually ascends, and occupies the trunk of the body, the arms and the head. Afterwards the breathing becomes difficult, the urine is in small quantity, and the thirst great ; the body is bound, and perspiration is greatly obstructed. To these succeed torpor, heaviness, a slow, wasting fever, and a troublesome cough. This last is generally a fatal symptom, as it shows that the lungs are affected.

In the treatment of dropsy, the attention should be directed to ascertain whether the disease be an origi-

\* I once attended a young man with general dropsy, who was very much swelled from his head to his feet, attended with a bad cough. I attended him through five courses in ten days, steaming him every day between the courses—in three weeks he went home entirely cured.

Another patient had the dropsy in the bowels ; and in addition to the dropsy, had a stoppage of the menses. The patient was attended four times, and took the vegetable powders, bitters and balm, which entirely effected a cure ; and the person now enjoys good health, and has had no appearance of the complaint for near two years. M. P.

nal one, or whether it prevails as the symptom of some other ; as by removing the cause we shall often be enabled to remove the effect also, and thus perform a cure. For example. Should dropsy have arisen as a consequence of intemperance, a free use of spiritous liquors, exposure to a moist atmosphere, or the frequent use of mineral poison, or having recourse to large evacuations, particularly bleeding, there is great fear that the consequences will prove fatal.

When the disease comes suddenly on, and the patient is young and strong, there is reason to hope for a cure, if medicine be given early. It may generally be removed by the regular courses ; and as we cannot depend on any other means than that which promotes a discharge by perspiration and urine, the courses should be repeated as often as the patient's strength will admit, the vapour bath will be found very serviceable between the courses, and should not be neglected, as it promotes perspiration, cleanses the surface, and refreshes the patient. The powders should also be given morning and evening ; gin elixir twice a day, and pills, or balm once in two or three days. This method never fails off effecting a cure in a short time, in all curable cases.

Dropsy in the chest is very difficult to cure, and in the brain is incurable.

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## WORMS.

These are chiefly of three kinds, viz. the tænia, or tape worm ; the teres, or round and long worm ; and the ascarides, or round and short worm. There are many other kinds of worms found in the human body ;

but as they proceed in a great measure, from similar causes, have nearly the same symptoms, and require the same method of treatment, as those already mentioned, we shall not spend time in enumerating them. The tape-worm is white, very long and full of joints, resembling tape. It is generally bred either in the stomach or small intestines. The round and long worm is likewise bred in the small guts, and sometimes in the stomach. The round and short worms commonly lodge in the rectum, or what is called the end gut, and occasions a disagreeable itching about the seat.

The long round worms occasion squeamishness, vomiting, a disagreeable breath, gripes, looseness, swelling of the bowels, loathing of food, and at other times voracious appetite, a dry cough, convulsions, epileptic fits, and sometimes a privation of speech. The effects of the tapeworm are nearly the same with those of long and round worm, but rather more violent.

Worms may proceed from various causes; but they are seldom found except in weak and relaxed stomachs, where the digestion is bad. Sedentary persons are more liable to them than the active and laborious. Those who eat great quantities of unripe fruit, are generally subject to worms. There seems to be an hereditary disposition in some persons to this disease; and I have often seen all the children of a family subject to worms of a particular kind.

Numberless drugs are extolled for destroying and expelling worms; and the consequence is, that they as frequently destroy the patient as the worms. How often have we seen children treated for worms, which apparently are all destroyed and expelled in a day or two, yet the child lingers for weeks or months, and very frequently goes into a consumption and dies.

When persons are supposed to have worms, the safest and surest remedy is to cleanse and warm the stomach, the same as in jaundice and weak stomach. Restore digestion and the cause will be removed.\*

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## MENSTRUATION.

One of the principal constitutional characteristics of the female, is menstruation, or the monthly evacuation, peculiar to the sex.

This important operation generally takes place about the age of fourteen, but varies through the world, either in degree or frequency, both from constitution and climate. Its return is generally once a month; and in robust constitutions it continues for a shorter period than in the more weakly. It is of importance for women to know that occasional irregularities are not always the consequence of disease. Constitutions vary as much in respect to the regular returns of this discharge, as they do with regard to its first appearance, or its final cessation. Those in whom this change occurs very early from vigour of constitution, require little to be done for them; but in weak and less plethoric young females, the non-appearance of this evacuation is too often considered as the cause, where-

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\* I recently visited a child, about seven years of age, who had had a number of fits caused by worms. I attended her twice, and gave her the emetics and injections, and bitters between the emetics—in one week she was wholly cured, and has not been troubled with fits or worms for more than two years past.

M. P.



as it ought to be viewed as the effect, of the state of the habit unpropitious to its taking place. And according to family practice, under this false impression, forcing medicines are employed, which often do much harm.

Nature is not so deficient in her operations as to require such auxiliaries. Care should be taken to manage the habits of females, as to improve the general state of their health, by attention to dress, moderate exercise, change of air, and cheerfulness, which will be found to have the happiest influence on the body and mind, and give a salutary impulse to the circulation of the blood.

When obstructions proceed from a weak and relaxed state of the solids, such medicines as tend to promote digestion, to brace the solids, and assist the stomach in preparing blood, ought to be used. For this purpose, I have given the vegetable powders two or three times a day, the white root, and valerian, a tea-spoon full twice a day, in warm water. These I have found very serviceable. Previous to the use of these medicines, it may be advisable to give the emetic and injection, for the purpose of warming and cleansing the stomach and bowels, and freeing them from inactive fluids.

An obstruction of the menses is often the effect of other maladies. When this is the case the regular courses should be given and repeated twice a week until the obstruction is removed.



## IMMODERATE FLOW OF THE MENSES.

The flow of the menses is to be considered immoderate, when it either returns more frequently than what is natural, continues longer than ordinary, or is more abundant than is usual with the same person, at other times ; usually accompanied with pains in the back and bowels, sometimes like those of childbirth.

But the menstrual discharge may be too great as well as too small. When this happens, the patient becomes weak, colour pale, appetite and digestion bad, to which oedematous swellings of the feet, dropsies, and consumptions often ensue. This frequently happens to females about the age of forty-five or fifty. It may proceed from a sedentary life ; the use of spirituous liquors ; excessive fatigue ; relaxation, &c. the treatment of this disease must be varied according to its cause. When it is occasioned by any error in the patient's regimen, an opposite course to that which induced the disorder must be pursued, and such medicines taken as have a tendency to restrain the flux and remove the cause.

To restrain the flux, the patient should be kept quiet and easy, both in body and mind. It will be found necessary to give the emetics and injections, repeating the injections once a day, the emetics as often as the patient's strength will admit. Powder, bitters, and restorative, should be given between the emetics ; the patient's back and bowels should be bathed with the elixir ; a flannel wet with the same and applied to the back, will be found very serviceable in strengthening and relieving pain.

## FLUOR ALBUS, OR WHITES.

What is usually called the fluor albus, or whites, is a very common disease, and proves extremely hurtful to delicate women. This discharge, however, is not always white, but sometimes of a pale yellow green, or of a blackish colour; sometimes it is sharp and corrosive, at other times, foul and foetid, &c. It is attended with a pale countenance, pain in the back, loss of appetite, swelling of the feet, and other signs of debility. It generally proceeds from a relaxed state of the body, caused by cold, which produces weakness in the parts affected, frequent child-bearing, &c.

To remove this disease the patient must avoid all fatiguing exercises. Her food should be solid and nourishing, but of easy digestion, and her drink should be a decoction of elm, or buckhorn, brake, &c.

If the patient be young, and the disease has not been of long standing, the vegetable powders and elixir taken night and morning for some time, with a wine glass of peach cordial, twice a day will generally cure in two or three weeks. If the disease has been of long continuance, the surest method of cure is to go through the regular courses in the space of a month, taking the powders, stomach bitters, twice a day. This method never fails of effecting a cure if attended to faithfully.

## PREGNANCY.

The great varieties of the female constitution, occasion pregnancy to be to some of no trouble or distress, but it is to others a continual disease, through the whole period of child-bearing ; they being, perhaps, from the very first to the last week of their pregnancy, more or less disturbed in their frame, from the peculiar irritability of their habits. The usual period, however, that its troublesome sympathies and antipathies prevail, is during the first month, until the time of quickening is past.

In the young and healthy, one of the most early symptoms of pregnancy, is an uneasiness in the breast, somewhat differing from what she may have been accustomed to on the eve of menstruation, and soon attended with some sensible addition to their natural fullness and weight, as well as with a particular change in the appearance of the dark circle around each nipple. The nipples also soon become more prominent, the eminences around them enlarge, and a milky fluid will stain the linen, which had not been at all, or so much observed before. These occurrences may justly excite in the mind, the first apprehension of pregnancy, after which, the interrupted course of menstruation generally establishes the certainty of it. Nature would seem, by these early notices, to put the mother immediately upon her guard, that she may not by imprudences, and too much freedom, disturb the tender embryo.

The most important circumstances to be attended to, in the first months of pregnancy, is the costive habit of the bowels. This will more or less accompany the whole period of pregnancy. Its prevention will subdue, if not wholly keep off some of the troublesome complaints of the stomach, and will often

guard, most securely, against some of the exciting causes of early abortion.

When symptoms of fulness appear in young women, formerly healthy and accustomed to live well, indicated by pain and giddiness of the head, and flushings in the face, or when the sickness is constant or excessive, a gentle emetic will be exceedingly useful. In opposite circumstances, where there is appearances of nervous debility, along with symptoms of indigestion, an emetic will be found equally serviceable, as in the former case. The person should not consent to be bled on any account, as it lays a foundation for abortion. When the stomach appears affected, together with constant loathing and frequent reachings, powders and bitters should be taken daily. If this affection is accompanied with a feverish disposition, an emetic will generally give immediate relief; and when it occurs in a constitution of the nervous, irritable kind, valerian in large doses may be depended upon.

The floodings to which women are liable, at any time of pregnancy, occurs most frequently in the first months, and vary much in their character and tendency. They are more or less attended with danger, according to their frequency, and to the time elapsed of pregnancy. In the early months they will sometimes put on the appearance of a copious flow of the menses and render the female sometimes doubtful of her situation. This will happen most frequently in the first and second months, and may be connected with the monthly paroxysm of the womb, aggravated by the existing state of pregnancy. When such hemorrhage has occurred, some injury has most likely been done to the embryo, and about the third month of pregnancy, the patient will miscarry, if she does not at the time that the flooding first happens. However, by prudent management on the first alarm, such as keep-

ing quiet and warm in bed, by giving valerian, powders, and the decoction of hollyhock and the use of warm injections, and the application of a flannel wet with elixir and applied to the bowels. If the discharge should be attended with pain in the back, a regular course should be given; the patient should be kept quiet in bed after the course, and take the medicines as recommended above.

Women, advanced in pregnancy, are frequently liable to pains in their back and loins, and cramps on the side of their bowels, legs and thighs. When they are violent, bathing with elixir and olive oil of equal parts, or fresh lard. Gentle laxatives should be given. A frequent use of elm tea will be found serviceable, taken every day, for some time, before delivery. By caution and good management, these occurrences seldom prove any bar to a safe delivery, or a favorable getting up. Nothing can be of greater importance to a pregnant woman than cheerfulness. They should therefore not be depressed, by the relation of any unpleasant intelligence.

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### SORE NIPPLES.

To prevent the nipples from becoming sore, they should be washed daily during the last month of pregnancy, with brandy, or tincture of myrrh, to harden their tender surfaces; but when they become inflamed or chapped, the use of those astringent applications must be discontinued. The best application to them when ulcerations are formed, and attended with sharp acrimonious humour, is an elm poultice; or they should be often washed with canker wash, or a strong tea of raspberry leaves and hemlock bark.



## THRUSH.

This disease is an eruption of white spots, generally appearing on the lips and inside of the mouth, and sometimes affecting the whole alimentary canal. It owes its origin to some affection of the first passages, and requires gentle treatment. As a local application, borax and honey, in proportion of half a teaspoon full of the former, fine powdered, to an ounce of the latter, and well mixed together, will have an excellent effect in cleansing the mouth, and healing the ulcers, especially when the milk adheres much to its surfaces. A little of the canker wash, or the extract of clover, may be put on the child's tongue, as often as may be necessary to keep the parts clean, which will be communicated to every part of the mouth, and will effectually do without putting the infant to pain by forcibly rubbing it on. But the cure is not permanent, unless internal medicines are given, such as American rhubarb, senna and mustard seed steeped, and given in small potions ; these followed with raspberry leaf tea, to subdue the feverish state of the system, will effect a cure.

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## CROUP, OR HIVES.

This disease, peculiar to children, is a species of asthma, with violent catarrhal symptoms. It is very common in this part of the country, and prevails more frequent in wet and cold seasons. It is readily occasioned by any thing wet or damp, or which obstructs the perspiration.



There are two species of croup, the acute or inflammatory, and the chronic or lingering.

The former is attended with a very quick pulse, cough, hoarseness, and difficulty of breathing, soon after and sometimes even before the occurrence of the croaking noise, which is the characteristic of this disorder. As the disease increases, the pulse quickens, the heat augments, and an excessive restlessness takes place. The breathing becomes more and more difficult and laborious, and the peculiar wheezing sound which accompanies it, so increases, as to be heard at some distance.

The symptoms continue to increase in violence, until a spasm of the muscles of the parts taking place, the patient is suffocated, the disease often completing its course in the space of three or four days and nights. The extreme degree of danger which always accompanies this disease, and the rapidity with which its symptoms proceed, show that immediate remedies are requisite to arrest its progress. Therefore, on its first appearance, an emetic should be given, and the feet immediately be put into warm water, and afterwards poultices of onions applied to their soles—repeating the emetics, and poultices of onions often as is necessary. Draughts or poultices of garlics or onions should be applied to the throat and stomach. Nothing can operate more effectually than this, in breaking up the croup. Cough drops, or syrup, has an excellent effect, as it cuts up the phlegm, and frees the passage. Vinegar and horse radish, or cayenne may be given to great advantage. Some children are troubled with this complaint for several years, and then seem to out-grow it. A flannel shirt, light diet, change of air, gentle exercise, and whatever strengthens the body, are the best preventives.

## WHOOPIING COUGH.

This cough seldom affects adults, but often proves fatal to children. This cough is convulsive, and is named from its peculiar whoop-like sound. It is infectious. Whatever hurts the digestion, obstructs the perspiration, or relaxes the solids, disposes to this disease ; consequently, its cure must depend upon cleansing and strengthening the stomach, bracing the solids, and at the same time promoting perspiration and the different secretions. The diet must be light, as chicken broth, boiled rice, sago, &c. The drinks may be hyssop, or pennyroyal tea sweetened with honey. One of the the most effectual remedies for the whooping cough is change of air. When the disease proves violent, and the patient is in danger of being suffocated by the cough, he ought to take an emetic, this may be repeated if necessary. Emetics not only cleanse the stomach, which in this disease is generally loaded with tough phlegm, but they likewise promote the perspiration ; and ought therefore to be repeated according to the obstinacy of the disease. They should not, however, be strong ; gentle emetics frequently repeated, are more beneficial, than strong ones. The bowels ought to be kept open. For this purpose pills or balm may be given.

Stimulating, external applications frequently afford relief, and may be rubbed along the spine, breast bone, or lower region of the stomach. Cayenne steeped in vinegar, or elixir, tincture of myrrh, afford a good stimulus in this case. Young children should be laid with their heads and shoulders raised, and be raised up when they cough, to guard against suffocation. The feet should be frequently bathed in warm water, and a Burgundy pitch plaster kept constantly between the shoulders.

## RICKETS.

This disease generally attacks children between the age of nine months and two years of age. It affects the bones ; and the head is sometimes enlarged to an enormous size, the wrists and ankles seem protuberant, and as the bones increase in size, the child grows weaker. One cause of the rickets, is diseased parents. Mothers of a weak and relaxed habit, who neglect exercise, and live upon weak, watery diet, can neither be expected to bring forth strong, healthy children, nor be able to nurse them when they are brought forth. Accordingly we find that the children of such women die of the rickets, scrofula, hip-gout, or such like diseases. Allowing an infant to lie or sit too much, or not keeping it thoroughly clean in its clothes, has the most pernicious effects.

Those children who are much dandled and danced, kept clean, and frequently in motion, will be found strangers to this disorder. A healthy child should always be kept in motion. At the beginning of this disease, the child's flesh grows soft and flabby ; its strength is diminished ; it loses its wonted cheerfulness, looks more grave than natural for it, and does not choose to be moved. The head and belly become too large in proportion to the other parts ; the face appears full, and the complexion florid. Afterwards the bones begin to be affected, especially in the more soft and spongy parts. Hence the wrists and ankles become thicker than usual ; the spine or back-bone puts on an unnatural shape ; the breast is likewise deformed and the bones of the arms and legs grow crooked. All these symptoms vary according to the violence of the disease. The pulse is generally quick, the appetite and digestion for the most part bad ; the teeth come slowly, and they often decay

and fall out afterwards. Rickety children have great acuteness of mind, and an understanding above their years.

*Treatment.*—For the cure of this disease, the powders, elixir and strengthening bitters should be given. Change of air, and a plenty of exercise, which is absolutely necessary. The whole object of the regimen should be to strengthen the solids, and promote the digestion ; and the cure is more in the hands of the nurse, than the physician. The emetics will be found necessary in removing the obstructions. The diet should be dry and nourishing. Strengthening bitters must be persevered in for a long time ; such as camomile, poplar bark, myrrh, horse radish buckhorn brake, and such like.

External applications will be found highly beneficial, such as bathing the limbs, and the back with elixir, tincture of myrrh, or a strong decoction of buckhorn brake root, to which may be added a little brandy. The limbs should be rubbed frequently with a warm hand, and the child kept as cheerful as possible. A bed of the tops of buckhorn brakes, to lay the child on, helps greatly in the cure.

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## SCARLET FEVER.

This disease is so called, on account of the colour of the skin or the large, red, vivid blotches in it. It happens at any season of the year, but is most common in autumn and the beginning of winter ; at which time, it often seizes whole families. Children and young persons are most subject to it.

It begins like other fevers, with coldness and shivering, and is frequently attended with nausea and vomiting ; afterwards the skin is covered with red spots, which are broader, more florid, and less uniform than the measles. They continue for two or three days, and then disappear ; after which the scurf comes off.

*Causes.*—Infection and a putrid condition of the fluids. The same causes as produce nervous fever.

*Treatment.*—If attended with sickness and oppression at the pit of the stomach, an emetic should be given, and the patient should drink freely of warm teas, such as pennyroyal, snakeroot, or hyssop, and the patient kept comfortably warm. There is seldom any occasion for medicine in the mild form of this disease. The patient ought, however, to be kept within doors ; be particularly cautious against colds, which causes it to strike in, and endanger life ; abstain from flesh, strong liquors, or any thing of hard digestion, and drink freely of diluted liquors, with a little saffron in them. The body must be kept gently open by clysters. The fourth day a potion of rhubarb or pills should be given. Many children have perished by the use of the lancet in this fever, which is almost certain death, as also are all mineral drugs.

To cure the scarlet fever, it is only necessary to drive the humours gently out to the surface of the body, and prevent their striking in upon the vitals. If proper care is taken of the patient, nature, in most cases, effects a cure.

The scarlet fever is sometimes attended with putrid or malignant symptoms, in which case it is always dangerous. When this happens, the treatment recommended for nervous fever is applicable.



If a child is suffered to venture out immediately upon recovery from this fever, a dropsy or bloating often comes on suddenly, and which is more dangerous than the original disease. In this case, if the stomach is filled with bilious matter, which is known by the rejection of all food and medicine, a regular course should be given, and repeated as often as is necessary. In addition to the other medicines, as prescribed in dropsy, poultices of onions and mustard seed should be applied to the soles of the feet and palms of the hands.

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## LEPROSY AND ELEPHANT LEG.

The leprosy is a disorder, which appears in whitish dry scabs, and often spreads over the whole body, Sometimes only one leg is affected, which swells to an enormous size.

*Causes.*—Obstructed perspiration, weakness of the solids, bad state of the blood, relics of the itch, which will often lurk in the system, appearing and disappearing for many years ; and at length will break forth in this dry scurf, gradually enlarging.

*Symptoms.*—Sometimes it is confined to the palms of the hands only, sometimes to a little below the elbows ; one while to the face only ; another, in white, hard scabs on the hands arms and back, intolerable itchings ; the elephant leg.

*Cure.*—For the leprosy give the regular courses, repeating it as often as twice a week. Between the courses, powders, pills and bitter should be given as recommended under scurvy, and the part effected should be washed often with canker wash.



## AMERICAN

# MATERIA MEDICA.

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“How wonderful are thy works, O Lord ; in wisdom hast thou made them all ; the earth is full of thy riches.”

In all parts of the vast complicated system of infinite wisdom we behold the admirable fitness of one thing to another, and their constant subservience to the best good of all. But in no department of his works does wisdom and goodness shine with greater lustre than in the vegetable kingdom. There is scarcely a plant that greens the fields, a flower that gems the pasture, a shrub that tufts the gardens, or a tree that shades the earth, which does not contain certain medicinal virtues, to remove our pains and heal our diseases.

The American continent, though the last discovered, is none the less favoured of God in this respect ; embracing as it does almost every variety of clime and soil, and abounding with herbs of every healing quality. The common saying that “every country contains the best cures for its own diseases,” seems fully verified when applied to America. Here, where fevers greatly prevail, is exclusively to be found, the Indian tobacco or lobelia ; and here too, exclusively, the

white root, golden seal, snakeroot and valerian. Besides these, are many other valuable plants, equal to any brought from Europe, which may be obtained in our own fields and woods, cheap and unadulterated.

With a commendable zeal, many gentlemen of the finest genius among us have explored the botanic and medical treasures of our own country; and have shown an eagerness to make known the precious means to preserve the health and lives of our own citizens. With these, and my own experience, I have, with great labor and care, compiled the **AMERICAN MATERIA MEDICA**, exhibiting, in alphabetical order, the names, characters, and qualities of our best medical plants, hitherto discovered, together with the diseases they suit, and their proper doses and forms of administration, and making as I humbly hope, one of the most complete systems now extant,

M. P.

# MEDICAL COMPANION.

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## PART II.

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### AMERICAN MATERIA MEDICA.

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#### AGRIMONY.

This plant grows two or three feet high, in hedges and the sides of fields. It blossoms in July, on long spikes yellow, and is known by the vulgar name of cuckold, from the seeds sticking to the clothes in the fall of the year. In whey or tea, it forms a good drink for fevers. The juice of this plant, or a strong infusion of the roots, four ounces to a quart of boiling water and sweetened with honey, is an excellent medicine in the jaundice and scurvy, and habitual diarrhoea or looseness. Dose of the infusion, half a pint; —of the juice, a wine glass full, three times a day, the herb has also been applied externally to fresh wounds.

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#### ALDER, BLACK.

Black alder, sometimes called Virginia winter berry, grows in moist places, generally sending up several slender stalks to the height of ten feet, and bears a

red berry. The bark is tonic, and accordingly is used in substance, or in a strong decoction, like other restringents, and is found serviceable in case of debility, as dropsy, gangrene, &c. The inner bark, in shape of poultices externally, with the decoction internally, about three or four ounces boiled slowly in three pints of water to a quart, is highly spoken of both by Professor Barton and Dr. Mease. It is of admirable use in arresting the progress of mortification. A strong decoction of the berries formed into a syrup with molasses in doses of a wine-glass full, or two tea-spoons full of the powder of the inner bark, is a good purge.

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### ALUM ROOT.

This root is also called *senicle*; the root is a very intense astringent. It is the basis of a powder which has acquired some reputation in the cure of cancers. It is doubted that alum root has cured genuine cancers, but that it has proved very beneficial in obstinate ulcers, which have been mistaken for cancers is admitted. Professor Barton says, "it is one of the articles in the *materia medica* of our Indians," the powdered root of which they apply to wounds, ulcers, and cancers.

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### ADDER'S TONGUE.

This small herb has but one leaf, which grows with the stalk, a finger's length above the ground, being flat and of fresh green color, broad like water plantain, but without any middle rib in it. From the bottom of

the leaf there arises one, and sometimes two or three small slender stalks, the upper half of which is the largest, and of a yellowish green color, like the tongue of an adder. It grows in low, moist places, appearing early in the spring ; root perennial. The expressed juice of the plant, infused in wine or cider, is good to relieve dropsies. It is also a good remedy for wounds in the breast or bowels ; and stays hiccapping, vomiting, hemorrhage, allays inflammation, and forms a good healing application for wounds.

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### ANGELICA.

This herb grows in marshy woods and hedges, flowering in June and July. It is frequently cultivated in our gardens. Every part of this useful vegetable partakes of its aromatic virtues, especially the root, which in the form of powder, tincture, or tea, is useful in flatulent colics, conjoined with cranes-bill root, or any other tonics. It may, like the poplar bark, be employed with advantage in intermittents, and low stages of fever. The dose is half a tea-spoon full, in substance, of the former, to two of the latter. It may also be employed in the form of a strong decoction, in doses of a gill. A strong decoction of the root, combined with red oak bark, a large handful of each to a pint of boiling water, makes an admirable gargle for relaxed and spongy gums, and ulcerated sore throats.

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### ARROW ROOT.

This root grows spontaneously in the southern states, where it is also cultivated. A table-spoon full

makes a pint of the finest jelly, which affords a most nutritious food in acute diseases, for children. To persons labouring under bowel complaints, as diarrhoea and dysentery, it is of itself a remedy. The jelly is made in the following manner :—to a table-spoon full of the powdered root, add as much cold water as will make it into a thin paste, and then pour on boiling water, stirring it the same time briskly, till it becomes a clear jelly, after which season it with sugar and nutmeg, and to render it still more palatable, a little wine ; but for children, to blend it with new milk is best.

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### AVENS COMMON.

This herb grows a foot high by fences and borders of fields. The blossoms are white or yellowish in July. Its smell resembles that of cloves. A strong tincture of the root, four ounces steeped in a quart of wine, giving to the quantity of half a wine-glass full, or the powder, in doses of a tea-spoon full, several times a day, has afforded an excellent remedy in fevers and other disorders where strengthening medicines are required. There is another variety of this plant, called water-avens, throat-root, and cure-all, which is found in boggy meadows. The blossoms are purplish, and appear in May. Its properties are the same as the preceding. A decoction of it has been found beneficial as a gargle in ulcerated sore throats, which probably gave rise to the name of throat-root, or throat-wort.

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### BALM.

This herb makes an excellent tea for fevers, and when sweetened and acidulated with tamarinds, or barberry syrup, forms a most grateful beverage.



## BARBERRY.

This is so well known it needs no description. A table-spoon full of the syrup in a pint of hot water, and given in doses of a tea-cup full, four or five times a day, is an excellent remedy in diarrhœa, dysentery and jaundice.

Culpepper says, "the inner rind of the bark is good to cure scabs, itch, tetters, ringworms, yellow jaundice." The berries, he says, help the digestion, by strengthening the digestive powers.

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## BAYBERRY.

Bayberry called also dwarf candleberry myrtle, grows in swamps to the height of three or four feet, and bears numerous green berries, of which tallow is made.

The bark of the root is considered a good remedy for the jaundice. The powder of it, in doses from one to two tea-spoons full will operate as a mild emetic. The inner bark, in poultices applied morning and evening to scrofulous swelling, and drinking a tea-cup full of a strong infusion of the leaves, is said to have wrought surprising cures in a few weeks. (More upon this hereafter.)

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## BEARBERRY, OR MOUNTAIN CRANBERRY.

This bears whortleberry or wild cranberry. It is a low evergreen shrub, somewhat resembling the myrtle. The leaves have a bitter astringent taste, and possess great medicinal virtues, especially in relieving the irri-

tation of the stone, gravel, and in old cases of gonorrhœa, and menstrual discharges ; also in catarrhs, and consumptions. The dose is half a pint, twice or thrice a day, of a decoction made of the leaves, a handful to a pint, or a tea-spoon full in substance, two or three times a day.

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### BETH ROOT.

The top from this root grows about a foot high ; the leaves oval, three at the top of each stalk, one flower, of a purple colour, bell-shaped, producing a small berry that contains the seed. The root is of a brown colour, externally bulbous and full of small fibres ; the powder of the root, in doses of one tea-spoon full, three or four times a day, is said to be useful to prevent the spitting of blood, immoderate discharges of the menses, or in cases of discharging bloody urine. It is also said to be a good application, in the form of poultice, to putrid ulcers, and to obviate gangrene or mortification.

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### BLACKBERRY, OR DEWBERRY.

These, though different in name, are nearly, if not the same, in nature. They both bear the same kind of berry, which when ripe, is pleasant and wholesome. The roots of these vines, but especially of the dewberry are famous as astringents. From my own observation in practice, four ounces of the dried roots, in three pints of water to a quart, and given in doses of a tea-cup full, every two or three hours, has often cured obstinate diarrhœa and dysentery, when a great many medicines had failed.

## BUCK THORN.

This bush grows in hedges. It is a prickly bush, which flowers in June, and produces in the fall a round blackberry containing four seeds. Equal parts of the expressed juice of the berries and molasses, half the quantity of sugar, with a little ginger, formed into a syrup by a gentle fire, is a good purgative medicine, taken in doses of a large wine-glass full. It is a good medicine in the cure of dropsy.

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## BURDOCK.

This herb grows on the road side, on rubbish and ditch banks, bearing purplish blossoms in July and August. The juice of the fresh leaves, or an infusion or a decoction of the roots, operates gently on the bowels, sweetens the blood, promotes sweat and urine, and is esteemed serviceable in rheumatic, and venereal disorders. The juice is given in doses of a wine-glass full, and the decoction half a pint three times a day.

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## BUTTON SNAKE ROOT.

This root grows in South Carolina and Georgia, in poor land; the root bulbous, with numerous fibres, of a pungent nitrous taste; the leaves or blades are long, narrow, pointed, and saw-edged. A stalk shoots up in autumn, to the height of three feet, bearing globular, prickly flowers, of an ash-colour, which a fancied resemblance to buttons of an old fashion, gives it its name.

This root is a powerful suppurific; but in cases of

gangrene and foul ulcers, is perhaps superior to any thing yet discovered. The mode of applying it, is in the form of poultice by boiling it soft.

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### CALAMUS OR SWEET FLAG,

This grows in marshy situations, and in shallow water, and may be known by the long sword-shaped leaves, resembling those of the blue and yellow flags, but narrower, and of a brighter green. The root is like that of the blue flag in appearance, but has a strong aromatic smell, and a warm pungent taste. The flavour is greatly improved by drying the root, possesses stomachic virtues, and is frequently grated into water, and given to children for flatulent colics. It is sometimes used as an ingredient with cherry tree bark, and camomile for morning bitters ; and as a preventive of the ague in low marshy situations.

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### CAMOMILE.

This herb grows well in our gardens. An infusion, or tea, made of the flowers, is excellent to warm and strengthen the stomach in the case of indigestion, loss of appetite, and other complaints arising from debility. It is highly esteemed in the Southern States. It is taken in dose of a tea-cup full three times a day, and serves as a preventive to the ague and fever, and bilious fever, in sickly situations. I have found it very serviceable, in the form of fomentation and poultice, in relieving pain in the side.\*

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\* See Bitters.

## CELANDINE.

This plant grows about two feet high in meadows, and by running brooks ; has many stalks, with larger joints than is common with other plants, very easily broken ; the leaves are large and saw-edged ; the flowers consist of four leaves, which are yellow ; the roots long, reddish externally, and yellow within, and full of yellow juice. Twenty or thirty drops of the juice, or half a tea-spoon full of the dried root in powder, in a cup full of new milk, morning and night, is beneficial in dropsy, green sickness, and cutaneous eruptions. The juice rubbed on warts, ring and tetters-worms effectually cures them. A poultice made of this plant boiled in milk, or the roots roasted, and mashed in vinegar, is extolled by some, as an excellent application to disperse scrofulous tumours on the neck.

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## CHERRY TREE, WILD.

The bark of this tree is an excellent restringent. I have frequently employed it in the cure of tooth-ache. It has been frequently employed in the ague and fever, bilious fever, and other diseases where tonic medicines were proper. A strong infusion of it in sour cider, is useful in the jaundice. A decoction of the bark will be found a good wash to ill conditioned ulcers. The stones dried and pounded, with other articles, make an excellent cordial to taken after dysentery, or whenever the digestive powers need restoring. The gum of the common tree is a good substitute for the gum Arabic.



## CHICK-WEED, RED,

Called also red pimpernel, guachihul. It is cultivated in many gardens and grows spontaneously in Baltimore and Havre de Grace. According to the deposition of Valentine Kettering to the Legislature of Pennsylvania, and report made by their committee, the red chick-weed is a specific in that most dreadful of all diseases, the hydrophobia or bite of a mad dog. The dose for an adult is a small table-spoon full of the dried leaves in powder.

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## CARAWAY.

A choice aromatic, cultivated in our gardens. The seeds assist digestion, strengthen the stomach, and are serviceable in flatulent colics. The dose of the seeds in powder is from one to two tea-spoons full to adults.

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## CARROT, WILD.

The wild carrot grows two or three feet high in meadows and swamps, and flowers in July. The seeds have an agreeable aromatic smell, and in a slight degree, a warm pungent taste. An ounce of the seeds infused in a pint of water, and taken in doses of a tea-cup full every hour or two, will give immediate relief in suppression of urine, and is also serviceable in promoting the menses.

The roots of the carrot, cultivated in our gardens, beaten to a pulp, form an excellent application to cancerous and other ill-conditioned ulcers, allaying the pain, checking the suppuration and foetid smell, and



softening the callous edges. An infusion of these roots has also been found useful in gravel complaints.

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### CRANE-BILL.

Improperly called, by some, crow-foot. It grows five or six inches high in meadows and woods ; has long slender stalks, with seven long narrow leaves at a joint. The root is generally crooked and knotted, blackish on the outside and reddish ; has a rough taste, with an aromatic flavour.

When applied externally, it is highly extolled for its styptic power, in stopping hemorrhages of wounded vessels.\* The powdered root, in a dose of a tea-

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\* The following account of the efficacy of crane-bill, as stated by Dr. Mease in the " Medical Museum," deserves the attention of the reader.

The son of Mr. David Cooper near Woodbury, partially divided the artery of the wrist, with the point of a hatchet in trimming a tree ; the wound bled profusely and an aneurismatic tumour of the size of a pullet's egg was quickly formed. Dr. Hendry, who was immediately called, applied a tourniquet, and also a piece of flat lead to the tumour ; and apprehending the usual operation would be necessary, requested the assistance of Dr. Wm. Shippen, from Philadelphia. On the arrival of that gentleman, the operation was resolved on ; when the father of the young man insisted upon the trial of a vegetable remedy, which he said he had learned the use of from one of the first settlers of our country. He immediately repaired to the woods, and returned with some of the specific, which was pounded in a mortar with a little cold water, and applied to the part, and in a short time, to the great satisfaction of the sufferer and his friends, checked

spoon full, three or four times a day, or a decoction in milk used as a common drink, is excellent in checking menstrual discharges ; also the whites, and gleet, and obstinate diarrhœa.

Providence has diffused the valuable plant over every part of our country, yet as it grows principally in the woods, and the accident it is intended to relieve will admit of no delay and often happens in winter when the plant cannot be found, it should be transferred to every garden, that it may be at hand when wanted.

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the bleeding. In the course of a few days the wound healed and the young man had no further trouble.

A man pruning a tree, divided the stout muscles of the fore-arm in an oblique direction ; the wound was full four inches in length, and bled profusely from a large artery, and numerous smaller vessels. His shirt sleeve was filled with blood ; for being made tight round his wrist and fore-arm, it prevented the blood from escaping, and forming a coagulum round the bleeding orifice, checked for a short time a further effusion. The powerful effects produced by the geranium in the former case, induced Dr. Hendry to apply it in the present ; accordingly he procured some of the roots—and after pounding them, filled the wound therewith ; the effects upon the smaller vessels was almost instantaneous in checking the profusion of their contents, and the bleeding in a short time entirely ceased.

In the instance of a violent vomiting of blood, which had resisted a variety of remedies, an infusion of the plant in water, produced the desired effects in a few minutes.

Another instance mentioned of the astringent effects of the geranium, was that of a young man who had a most obstinate hemorrhage from the socket of a jaw-tooth, which had been extracted. An attempt was made by a physician to close the bleeding orifice by burning it with a red hot needle, but without effect ; on the application however of the geranium, the bleeding soon ceased.

## CANCER ROOT OR BEECH DROPS.

This root is bulbous, similar to a cancer, from which it takes its name. It grows out of beech trees, in low grounds, and rises six or eight inches in height, of a brown glossy colour, with brittle springs, but no leaves. It must be gathered before the frost touches it.

The beech drops are a powerful astringent, and cancers have been effectually cured by the application of the fresh bruised root, frequently applied. It is very beneficial in the cure of St. Anthony's fire, and canker in the throat. It may be prepared by boiling eight ounces of the herb in two quarts of water, and sweetened. After an emetic, persons subject to the erysipelas may take a tea-cup full of this decoction four times a day, at the same time applying cloths to the inflamed part, wet with the decoction, not sweetened, and continue till well,

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## CATNIP.

This useful and common herb is well known, and its virtues pretty well understood, although many consider it too simple to deserve much attention. It is an excellent warm aromatic cordial; an infusion promotes perspiration.

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## CAT-TAIL FLAG.

The root of this flag, bruised till it becomes like jelly, forms an excellent application for burns, and is cooling and useful in all species of inflammations.

## CLEAVERS OR GOOSE-GRASS.

This vine-like grass is found in hedges, on low grounds, in meadows, and near brooks. It rises from four to six feet in height, climbing round the bushes near it. The leaves are eight in a whirl, lance-like, and the upper side whitish, with sharp prickles; stem square, the angles being guarded with sharp prickles; bent down; flowers small, inconspicuous, and divided into four segments; these change into a fruit rather large, composed of two berries, slightly adhering together, and covered with hooded prickles containing seeds.

Cleavers is one of the most valuable herbs our country produces. It is one of the most excellent and speedy medicines in all suppressions of the urine and gravelly complaints, and is a powerful repelling medicine.

It has also been found beneficial in the cure of scurvy, and spitting of blood. Infusions of this herb should always be made in cold water, heat destroying its virtues. Three or four ounces of the dried herb to a quart of water is sufficient; this should be drank for common daily drinks. It is an admirable remedy in gravelly disorders, often curing them entirely alone. It seems to possess a solvent power over the stone, or gravel, crumbling it into a sandy substance, so that it is discharged without difficulty. When urinary obstructions proceed from a collection of cold, slimy, or muddy substances in the kidneys or bladder, this effectually clears it out, in all cases. In inflammatory affections of the kidneys or bladder, the cleavers infusion is peculiarly applicable, from its cooling, as well as diuretic quality. It gives great relief in the scalding of the clap, and whites.

## SWEET CICELY.

This plant rises from two to three feet in height ; leaves small, numerous, and on long stalks ; flowers small, and of pale white colour. It grows plentifully on the sides of low meadows, on the banks of running streams and on the borders of low woodlands.

The root of this plant is both relaxing and warming, and may be taken in all colds, and flatulent complaints of the bowels. It may be pulverized, and taken in doses of half a tea-spoon full, in a little brandy, for windy complaints ; or combined with other appropriate medicines for coughs.

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## PEPPER, RED OR CAYENNE-CAPSICUM.

It is cultivated in our gardens. The superior species of pepper is a native of South America, and is cultivated extensively in the West India islands. The pods are long, pointed and pendulous, at first of a green colour, and afterwards of a bright orange red. The taste of cayenne is pungent and acrimonious. Its pungency may be completely extracted by alcohol, and partly by water.

Cayenne pepper is an indiscriminate mixture of the powder of the dried pods of many species of capsicum. These peppers have been chiefly used as condiment. They prevent flatulence from vegetable food, and have a warm and kind effect upon the stomach. It has of late been employed as one of the first medicines in the botanic system. There can be little doubt but they furnish us with one of the strongest stimulants, that can be introduced into the stomach ; while, at the same time, they leave nothing of the narcotic effects of ardent spirits. It may be given to the



extent of a half to a whole tea-spoon full in molasses, or cider ; or it may be combined with myrrh, and infused in brandy or gin, (see elixir.) It is also useful, both as a medicine and gargle in putrid sore throat, when infused in water or steeped in vinegar and applied warm to the extremities in chronic rheumatism, or low stages of fever, when the circulation is languid, it has produced the most happy effects. (More upon this in the succeeding subjects.)

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### BLUE COHUSH.

This is also called blueberry, pappoose-root, squaw-root, blue ginseng, &c. It grows from two to four feet high. The root yellow inside, brown outside, hard, irregular, knobby branched, with many fibres. Stem upright, straight, smooth, dividing at top into three branches, each of which has three leaves, and in the centre of which comes out the flower stem ; leaves lobbed, somewhat in shape like the hand. The flowers are of a yellowish green, producing a stone berry, of a dark blue color, something like sour grapes. It grows spontaneously over the United States, and is generally found in low, moist, rich grounds, near running streams in swamps, and on islands that have been overflowed with water.

The root of this plant, is prepared in infusion and tincture. Cohush is used by the Indians, and by many botanists, for rheumatism, dropsy, colic, sore throat, cramps, hickup, epilepsy, hysterics, inflammation of the womb, &c. It appears to be particularly suitable for female diseases.\* As a powerful emmena-

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\* Mr. Peter Smith asserts, " that the Indian women owe the facility of their parturition, to a constant use of a tea



gogue, cohush promotes delivery, menstruation and dropsical discharges, and is serviceable in venereal complaints. It has been found efficacious in the cure of yellow fever.

There are four species of the cohush, viz: the one above mentioned, the red, black, and white, all of which, except the black, are known by the colour of their berries. Their qualities, however, are similar.

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### CRESSE, WATER.

This plant grows plentifully in brooks and running streams; has many weak, hollow, sappy stalks, shooting out fibres at the joints, and long winged leaves of a brownish colour. Its flowers are numerous and white, standing on long foot stalks, and the seed is contained in long pods, like horns. The whole plant is green in winter, and tastes hot and sharp, similar to pepper-grass.

Water-cresse is valuable for its anti-scorbutic qualities. It is powerful against the scurvy, and to cleanse the blood and humours. A decoction of it is a cleansing wash for ulcers. It is a good remedy in the spring to cleanse the blood of gross humours, and enliven the spirits. It may be eaten as a salad, or greens.

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### DANDELION.

This plant is well known, growing in meadows and pastures, on road side, banks, &c. It has many long,

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of this root, for two or three weeks before their time. This may be the case with the females of some of the tribes, but not with others. I know that the squaw-berry vine, partridge berry, or winter-clover, as is it called, is used for that purpose, and most successfully.

deep, gashed leaves, lying on the ground ; and several slender, hollow, weak, naked foot-stalks, each bearing at the top, one large, yellow flower, which has the remarkable quality of expanding early in the morning, and closing in the evening.

The root, leaves and stalks, contain a large proportion of bitter, milky juice, which possesses considerable activity. Its more immediate action is to remove visceral obstructions, particularly of the kidneys and urinary passages, and the spleen. It is one the best remedies for a real affection of the liver, with which I am acquainted, and is useful in all dropsical and hypochondriacal complaints. A table-spoon full of the fresh juice may be taken three or four times a day. It is very effectual in schirrus and hardness of the liver. A decoction may be made of it, or pills may be made of the extract, but they are inferior to the pure juice.

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### DOCK, YELLOW.

This is also called sour dock, from the leaves being sour, although the root is bitter. It has a long yellow root and is well known. Yellow dock is a valuable and cleansing medicine. It is supposed to possess considerable efficacy in cancer and similar affections, for which the decoction of the root should be drank continually, and a poultice of the bruised roots laid on. It is narcotic and requires to be used with judgment. A pound of the green roots, may be boiled to a quart, and a table-spoon full taken at a dose, three times a day. Too large a dose will produce vomiting ; half a tea-spoon full of pulverized root is also a dose.

Yellow dock may be used alone or in a compound, or in ointment, in all eruptive disorders arising from impure humours.

## ELDER, COMMON OR BLACK,

Grows to the height of a small tree, in hedges and along the borders of meadows ; the young shoots are full of pith, and the old stalk empty ; flowers in July, and the berry of a blackish purple colour when ripe. The juice of elder-berries put into a plate, and evaporated in the sun to the state of an extract, in doses from a tea to a table-spoon full, acts as a good aperient medicine. A tea made of the leaves, a large handful to a quart of boiling water and taken freely, removes a costive habit, promotes perspiration, and thus proves useful in eruptions of the skin, St. Anthony's fire, colds, dropsies, and all obstructions. The inner green bark, steeped in wine, a large handful to a pint, or made into a strong decoction, purges gently, in doses of a gill ; the flowers stewed with lard, form a good ointment for burns and piles.

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## ELECAMPANE OR STAR-WORT

This herb grows three or four feet high, in stony pastures, and by the road side ; flowers large and yellow in July and August ; and the root, when dry, has an agreeable, aromatic smell, and in a decoction sweetened with honey, or in the form of syrup, or a tea-spoon full of the powdered root in molases, is valuable for promoting expectoration in asthma and coughs. The fresh root, in ointment, or strong decoction, is said to cure the itch.

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## ELM, SLIPPERY RED.

This is a large tree and is well known, growing throughout the United States.

Slippery elm bark taken constantly, in decoction, has been found very effectual in the cure of coughs, eruptions, whites, gleet, ulcers, &c. and is one of the best poultices for fresh wounds, burns, scalds, bruises, and ulcers, that can be applied. The surgeons in the revolutionary army experienced the most happy effects from its application to gun-shot wounds, which were soon brought to a good suppuration and a disposition to heal. It was applied as the first remedy. When a tendency to mortification was evident, this bark bruised and boiled in water, produced the most surprising good effects. In old, ill-conditioned ulcers, equal benefit was derived from it. The infusion of the bark is highly esteemed as a diet-drink in pleurisy and catarrh, and also in diarrhoea and dysentery.

The constant use is very proper for pregnant women, during the ninth month, as it facilitates the birth and causes a speedy and easy delivery.

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### FEVER-FEW.

This plant grows chiefly in gardens, and is so well known as to need no description. It is sometimes named feather-few. The wild and garden fever-few have both the same virtues. They are warm and bitter, and strengthen the stomach, expel the wind, promote the menses, destroy worms and are beneficial in hysterical complaints and lowness of spirits. For a decoction, pour two quarts of boiling water to four ounces of the leaves, of which a tea-cup full may be taken three or four times a day, in order to promote the menses. The same may be taken in colds and fevers, and also in hysterical complaints.

**FENNEL, SWEET.**

This plant grows kindly in our gardens. A teaspoon full of the seeds, with a little sugar and, gin is a good remedy in flatulent colic. To children afflicted with the above complaint, an infusion of the seeds, sweetened is highly serviceable. The seed yield an aromatic oil, which in doses of from two to twelve drops, removes flatulence, promotes expectoration, and is serviceable in coughs.

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**FERN FEMALE, OR BACK-ACHE BRAKE.**

This brake grows near ponds, and in moist pastures, about twelve inches high. The leaves are single, winged, and about a hand's length ; the root is about the size of a goose-quill, of a brown colour, very sweet, and of a mucilaginous taste.

The properties of this brake are tonic and strengthening. The root and shoots, in decoction, or compounded with other articles, forms a very strengthening syrup for female weaknesses, particularly the whites. The same is also an excellent remedy for the rickets in children ; and while taking this, the child should be placed upon a bed of the brake-tops, and allowed to sleep upon them constantly. By this means I have cured several ricketty children.

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**FERN, MALE,**

Called also sweet-fern, grows in woods and stony places, flowering from June to October.



The root, when chewed, is somewhat mucilaginous and sweet, and afterwards astringent and bitter. Sweet-fern in powder, in doses from one to two tea-spoons full, or a decoction, a pint a-day, followed on the fifth day with a dose of senna and mustard-seed, or pills, is a powerful medicine against worms ; and particularly against the tape-worm. This is the famous remedy of Madame Nouffler, of Switzerland, for the tape-worm. She acquired the knowledge of it from her husband, who was a surgeon, and obtained a great price for the secret from Louis XV. of France, by whose order it was published. The powdered plant was generally preferred by Madame N.

Another method of administering it is, the day previous to taking the powder, to give a smart purge, as of balm-of-life, and after its operation, to take a light supper ; the next morning give a tea-spoon full of the powdered root, and two hours afterwards, another dose of the balm, and drink a tea-cup full of the skunk cabbage root decoction every hour till the tape-worm is expelled—taking care not to break the worm, but to pull it gently. In case the worm is not expelled the first day, the medicine is to be repeated the next.

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### FIVE FINGER.

The stalks of this grass trail along the ground, with long, slender strings, like strawberries ; each stem has five leaves, placed together, of an unequal size ; flowers yellow, and the root small. It grows by the road sides, on meadow banks and waste grounds.

The root is a gentle astringent, and is beneficial in fevers, and particularly when there is great debility, lassitude and night sweats, which last it seldom fails to



check ; it also helps the appetite. It may be made into a decoction, or it may be boiled with milk. It is serviceable in allaying fluxes, immoderate flow of the menses, &c.

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### FUMITORY.

This plant grows in corn-fields, and by fences, and rises a foot high ; leaves, pale green, and the flowers of a reddish purple. The leaves, in the form of an infusion, three ounces to a quart of boiling water, and taken in doses of a tea-cup full, two or three times a day, is a good medicine in scabby eruptions, and all cutaneous diseases, particularly if the eruptions are washed with the infusion.

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### GARDEN PIONY.

This plant has been introduced into many of our gardens, from Europe. Rises two feet high ; leaves cut into lobes, which are oblong ; flowers large and red.

It is noted for its virtues in the cure of epilepsy and fits in children. The roots must be dug in May, and dried, pulverized and kept in bottles. Adults, subject to the epilepsy, may take a tea-spoon full of the powder four times a day, in a tea-cup full of bitter-sweet tea ; also, apply the bruised roots to the soles of the feet when going to bed.

## GINGER.

Ginger-root is imported from the East and the West Indies. It is in small wrinkled pieces, of a greyish colour, having an aromatic odour, and a very pungent taste. The root is frequently employed as a grateful and moderately powerful aromatic, either in combination with other remedies, or by itself, as a stimulant, particularly in indigestion or dyspepsia, and flatulence. This spicy root is more immediately serviceable, combined with bayberry,\* in cold, flatulent colics ; in laxity and debility of the stomach and intestines, and especially in torpid, phlegmatic constitutions, in order to induce a more brisk action of the vessels.

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## GOLDEN ROD.

This herb grows in woods and meadows, and along fences, in most parts of the United States ; and rises about two feet in height ; small brown round stalks, divided at the top into small branches, with many long green leaves ; flowers small and yellow, on every one of the branches, all of which are turned one way, and when ripe they become as down, and are carried away by the wind. It flowers in July. The flowers are beneficial in removing obstructions in the urinary organs in gravelly complaints, ulcerations of the bladder, and in the first stages of the dropsies. The leaves are good in debility, and all disorders proceeding from that cause. They may be taken in infusion, or decoction.

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## GOLDEN SEAL.

This plant grows on a rich, moist land, has a stem ten or twelve inches high, and often but one leaf, of an

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\* See vegetable powder.

olive green colour ; there are sometimes two leaves, and on one of them is a kind of seed, or seal, which is red. The root is crooked, knobby, wrinkled, with many long fibres, and of a bright yellow. It is found from Canada to Tennessee. To the taste it is exceeding bitter. It is sometimes known by the names of yellow root, ground raspberry, yellow paint, yellow eye-root, Indian paint, or orange root.

It is an estimable tonic, and at the same time laxative, which makes it very appropriate in dyspeptic disorders. This plant is much used in the western States for diseases of the eyes, the juice or infusion are used as a wash in sore or inflamed eyes. It is considered a specific, by the Indians, for that disorder ; they also employ it for sore-legs and many external complaints.

It is used as a bitter tonic, in infusion or tincture, in disorders of the stomach, bile, and liver. An ounce of the dried pulverized roots, is sufficient to infuse in a quart of spirits. This root appears also to be slightly narcotic, and is said to enter into many of the compounded remedies for cancer.

Golden seal bitters forms one of the best correctives of bile and bilious habits, that can be given.\*

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## HOAR-HOUND.

This common useful plant rises about a foot in height ; leaves deeply serrated, veined, wrinkled, hoary, in pairs, and standing on long foot stalks ; flowers white and in whirls, growing wild along the road sides, and in abundance throughout the United States. The leaves promote the fluid secretions in general, and drank freely, obviate costiveness, are beneficial in

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\* See stomach bitters and powders.

moist asthmas, coughs, yellow jaundice, menstrual obstructions, dropsy, and are good to destroy worms. In these complaints the patient may take a tea-spoon full of the powdered leaves in molasses twice a day, or its equivalent in decoction.

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## HOPS.

Hops are an agreeable, strong bitter, principally used in making malt liquors. They also induce sleep; hence the popular remedy of a pillow of hops to procure sleep in the delirium of fever, and insanity which not unfrequently succeeds. They give out their virtues to spirits or water.

Another very useful purpose for which hops may be employed is for fomentations in inflammatory fevers, especially of the lungs, and pleurisies, where they give the most agreeable relief.

The extract of hops is highly recommended in consumptions, as it produces sleep, without any deleterious effects. It has been employed with success in jaundice, indigestion, hypochondriac passions, venereal, worms, &c.

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## HEART'S-EASE.

What is commonly known as heart's ease, in this country, resembles arse-smart, only it grows larger, and has a black spot in the shape of a heart on its leaves.

Its properties are similar to those of arse-smart, except they are much milder and therefore more applicable to general use. It makes an excellent fomentation for all inflamed sores and ulcers, particularly

if boiled with urine. Taken in decoction, it is an excellent remedy for the asthma, and taken freely, it excites perspiration, and breaks up colds.

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### HEMLOCK BARK.

The inner bark of this well known tree is an excellent medicine for canker, and is very serviceable in a decoction in cleansing foul ulcers, or to make poultices for biles, or ulcers, to be thickened with pounded crackers, slippery elm, and pond-lily root. A tea made of this bark is good for children and grown people who are troubled with canker in their mouths, throats, stomachs and bowels. The boughs may be employed with advantage for fomentations and sweatings in colds, rheumatisms, fevers, &c. Dr. E. Smith states, that he has known many lives saved during an epidemic fever, by giving the decoction internally, and fomenting externally. The oil is also used in colds and coughs.

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### HORSE-RADISH.

This plant is well known. It is chiefly cultivated in gardens, and grows wild in wet grounds, and about old ruins. The medicinal effects of this root are to stimulate the solids, and promote the fluid secretions ; it is greatly recommended in dropsies. In paralytic complaints, horse-radish has often been applied with advantage to the affected parts, as a stimulating remedy. Horse-radish has been found beneficial in chronic rheumatism, asthma, and all diseases of debility and torpidity of the blood ; and should be eaten freely with the food. When steeped in vinegar dur-



ing a fortnight, it is said effectually to remove freckles from the face.

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### HYSSOP.

The leaves of hyssop have an aromatic smell, and a warm, pungent taste, and is a valuable herb. A decoction of the leaves drank freely in the measles, and chicken-pox is highly esteemed, and promotes perspiration. This herb is particularly recommended in asthma, coughs and other disorders of the breast and lungs, and is said greatly to promote expectoration. The leaves are highly useful when applied to bruises, the pain of which they speedily mitigate, and at the same time disperse every spot or mark from the part affected.

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### ICE PLANT.

The ice plant rises about six inches in height, is white, transparent, and so tender that when handled it dissolves and melts like ice in the hand. The stalks and leaves are like frozen jelly. It grows in the woods in New Jersey, and many other parts of the U. States, is found in September, as white as snow.

The root has been found to be almost an infallible remedy for fits in children, and is called fit root. In some parts they dilute the juice in cold water, as a remedy for sore eyes. The root should be dried, pulverized, and bottled up. Children troubled with fits may take from half a tea-spoon<sup>full</sup> to a whole one, three mornings, and stop three mornings, in a tea-cup full of piony root ; or valerian tea for epilepsy in adults. The expressed juice mixed with rose water,



will cure the most inveterate inflammation of the eyes, observing such evacuations as are necessary.

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### WILD INDIGO.

This is also called yellow indigo broom, indigo weed, horsefly weed, clover broom, rattle bush, &c. The root is large and woody, blackish outside, yellowish within; stalks two or three feet high, round and smooth, yellowish green, with black dots, branches thin, with small leaves; flowers bright yellow, in small loose spikes at the end of the branches, pea-like, but smaller, succeeded by an oblong pod of a bluish black colour.

This plant has the appearance of a small shrub, or broom; it dyes a kind of blue, like indigo. It is often used to keep flies from horses, as insects appear to avoid it. It is found all over the United States, in woods and on hills, and prefers dry and poor soils. The whole plant, but particularly the root, is nauseous and astringent. It is active and dangerous in its fresh state, if taken internally, but loses much of its action by long keeping and boiling. Its properties are astringent, emetic, and stimulant. It is a valuable remedy for all kinds of ulcers, even the foulest, either gangrenous or eating; also, for almost every sore, such as malignant, ulcerous sore throat, mercurial sore mouth, sore nipples, chronic sore eyes, painful sores, and every ulcerous affection. It must be used externally in strong decoction as a wash, or in a fomentation, and also in poultices. This is one of the most powerful vegetables in putrid disorders, and internal mortification. It may be given internally at a dose of half an ounce of a decoction made with a pint of water. Its stops gangrene, has cured scarlet fever, sore throat and inverted womb.

## INDIAN HEMP.

This plant grows in woods, on the borders of meadows, and along the road side, three feet high. The stalk is bare for a foot, then spring many branches; leaves numerous, flowers whitish, similar to buckwheat, which terminate in seed-pods, resembling a cucumber.

The bark of the root in the form of powder, in doses from half to a whole tea-spoon full will generally operate as an emetic and cathartic. In small doses, of a wine-glass full of the infusion, every two hours, promotes perspiration. It has been beneficial in rheumatism, dropsies, fits in children, and asthmatic complaints. A table-spoon full of the infusion, an ounce of the bark to a pint of the boiling water, given occasionally to children in the whooping cough, throws off the phlegm, and prevents straining.

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## JUNIPER, COMMON.

This is an ever green shrub, growing on dry barren commons, and hilly ground.

A strong decoction, made of a handful of the tops and berries to a quart of boiling water, in doses of a tea-cup full three or four times a day, has long been employed in dropsy, scurvy, and gravel, or difficulty of urine. The oil of juniper possesses the same properties in a high degree, and imparts them to ardent spirits. The peculiar flavour, and well known effects of Holland gin, are owing to this oil.

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## JOHN'S WORT.

This plant rises two feet high, with spreading branches from the sides to the top of round, hard upright

stalks, with two small leaves set one against the other throughlout, of a deep green colour ; flowers, which stand on the heads of the branches, are yellow, five leaved, with many yellow threads in the middle, which when bruised, yield a reddish juice like blood, and produce small, round heads, containing the seeds, which are black, and small like raisins. The root is hard, with many fibres, of a brownish colour. It grows in meadows, pasture-grounds, and flowers the last of June.

It is beneficial in promoting urine, curing of ulcers, immoderate flowings of the menses, diarrhœa, removes low spirits, helps hysterical, and maniacal disorders. For diarrhœa, or flux, put two ounces of the flowers in a quart of good brandy, and after giving a dose of pills, the patient may take a wine glass of the brandy night and morning till well. It may be combined in an ointment with bitter-sweet, elder, and everlasting, for dispelling hard tumours, and caked breasts.

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### LIFE EVERLASTING.

Also called 'white balsam, and Indian posey. grows in old fields, and on dry and barren lands, from one to two feet high, with small, narrow leaves ; branches towards the top, flowers in a cluster, white and furzy, and continue on during the winter. It has a pleasant aromatic smell. The blossoms chewed and the juice swallowed, proves a sovereign remedy for most kinds of sore throat. When taken in a warm decoction, it produces perspiration in fevers. It is also excellent in quinsey, weak lungs, fluor albus, consumptions, &c. It forms an excellent fomentation in cases of quinsey, croup, sore throat, pleurisy, and inflammation of the breasts.

## LUNGWORT.

This is a thin shell, or skin, which grows on the bark on the white oak tree, resembling the lungs, from whence it takes its name. Lung-wort may be found in almost every part of the U. States. It possesses the same qualities as the Iceland moss, and other lichens ; they all belong to one family, and may be used with benefit in consumptions.

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## LIVERWORT

The root has long brown fibres, leaves on long hairy stems, somewhat leathery, and stand through the winter; leaf divided into three rounded, blunt lobes ; flowers of a pale yellow, or blue. It is found in all northern latitudes, and is common in the woods, hills, and mountains of the United States, from New-England to Kentucky. Its taste is nearly insipid, but a little astringent and mucilaginous. It was formerly used in fevers, liver complaints, indigestion, and hypochondria, &c. It has lately been brought into notice in cases of bleeding at the throat, consumption, and coughs ; and is taken in the form of a strong infusion, drank cold, or in syrup. It is serviceable in hypochondriac complaints, in form of tea, which may be drank in any quantity. It has no effect on the lungs, beyond that of a mild astringent.

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## LOBELIA INFLATA, OR INDIAN TOBACCO.

As this is one of our principal medicines, I shall treat more upon this than on any other in this work. It is an American plant, annual, found in a great vari-

ety of soils throughout the United States. The leaves oblong, slightly serrated, sessile, alternate, on the upper surface numerous tubercles ; stems branched ; blossoms solitary in a kind of spike, pale blue : common in dry fields, and flowers in August.

¶ The leaves, when chewed, communicate to the mouth a burning, pungent sensation, which remains long and occasions a copious discharge of saliva. If they are held in the mouth for some time, they produce giddiness of the head, with a trembling agitation of the whole body, and at length nausea and vomiting.

Lobelia is a sure and thorough emetic, attended with stimulant effects during its operation. It vomits very kindly, without straining, and performs the task more effectually than any other medicine that can be obtained, especially where there are any obstructions in the system, or cold slime, or phlegm in the stomach, which it breaks up and removes thoroughly. It is therefore highly beneficial in preventing intermittants and similar disorders, which are caused by the prevalence of cold phlegm in the stomach. Indeed, in all fevers requiring an evacuation of the stomach, this cannot be given amiss ; and will seldom fail, when properly assisted, of removing their causes, and breaking them up in the commencement. Its value is increased in febrile complaints, by its creating a profuse perspiration, along with its emetic effects, thereby relaxing the constriction on the surface, and restoring a free circulation, so necessary and desirable.

Lobelia possesses the greatest power, as nature's assistant, in removing diseases, and may be considered as the *ne plus ultra* of all herbs. It has proved eminently serviceable in colics, spasms, rheumatisms, cramps, hydrophobia, where emetics and anti-spasmodics were indicated. In asthmatic affections it has manifested great efficacy in cleansing the passages ;



and has often proved more beneficial than every other medicine in this distressing disease.

The prejudices that have been excited against lobelia, and the abuse which has been heaped upon it, have all arisen from ignorance of its value. None who have witnessed its happy effects, when properly administered, can honestly and sincerely condemn it. It is the most innocent and safe of all emetics, as it never cramps or convulses, but is a specific remedy in either of these diseases ; and, I believe, it is more effectual than all others. From its irritating quality, it cannot be dangerous, because as soon as a certain degree of irritation is produced upon the coats of the stomach, it is ejected, be the dose large or small. A distressed and sickening sensation, it is true, sometimes shoots across the stomach, when lobelia has been received into it, but it is only temporary, and passes off without any ill consequences. The frightful tales of its mortal effects, which have been so industriously circulated by the medical faculty have no foundation, but in malice and vexation. It is evident that the true cause of the malignant opposition, which most of them have manifested to the use of lobelia, is, that its virtues, like most of the valuable medicines in use, were discovered without the limits of their society.

Lobelia may be administered in powder of the leaves or seeds ; or in tincture of the herb ; of the pulverized seeds or leaves, a tea-spoon full may be given in valerian or penny-royal tea, in two or three potions, the second within fifteen minutes after the first, the third within fifteen minutes after the second, whether the first operates or not. Of the saturated tincture, from one to six tea-spoons full may be given. As I intend to write more upon this in the recipes, I shall proceed no further upon this subject here.



## LADY'S SLIPPER.

This has various names, valerian, nerve powder medicine, yellow unbil, male nervine, nerve root, &c. There are three or four species of lady's slipper, as the white, red, and yellow, from the colour of their flowers, but their qualities are the same. It grows from one to two feet high, and sometimes has leaves all the way up, but more frequently the leaves lie on the ground; the stalk has one flower on it in the form of a purse or round bag, with a small entrance near where it joins the stalk, and is something like a moccasin or slipper. The roots are fibrous and thickly matted together. It is common, and grows in various parts of New-England, and may be easily found. The roots have a pungent, mucilaginous taste, and a peculiar smell, somewhat nauseous. The manner in which it should be prepared, is as follows: The roots should be dug in the fall and dried in the sun; it should then be pounded, and sifted through a fine sieve, and put into bottles for use. The potion to be taken at a time, is from one to two tea-spoons full of the powder, in penny-royal tea, sweetened; or the root may be steeped, an ounce to a pint of hot water, and drank from one to three tea-cups full a day in all nervous diseases, and hysterical affections, as it allays pain, quiets the nerves and promotes sleep. In all cases where an emetic is necessary, this must be given with it.\* It is also serviceable in nervous head-ache, epilepsy, tremors, nervous fevers. It is also serviceable in the last stages of pregnancy as nature's assistant, and may be given in large potions at the time of labour without producing any evil result. It is preferable to opium in all cases, having no baneful, nor narcotic effects. It has produced sleep when opium has failed.

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\* See emetic.

## LILY, WHITE POND.

This lily grows in ponds and wet grounds throughout the United States, and is pretty generally known. The leaves lie on the water ; blossoms yellow, root as large as a man's leg, knotty and spongy, of a yellow color outside, and white within. The root is softening and cooling, and is good in gleets, and whites. They are applied externally to scrofulous tumors, and will ease pain and promote suppuration. For the cure of gleets and whites, take the expressed juice of this root, and to every pint of it, add half a pint of gin and four ounces of sugar ; of this, the patient may take a tea-cup full four times a day. The root roasted in ashes, and applied to wounds from bruises, &c. is good to draw out substances, and allay inflammation. A poultice of this root, ginger, slippery elm bark and cracker all pulverized and mixed together with milk or hemlock bark tea, will discuss white swellings. It should be changed three times a day ; giving the patient, at the same time, internal cleansing remedies. •

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## LIQUORICE.

This is imported from the south of Europe, and considerably used for medicinal purposes. Liquorice root has a pleasant sweetish taste, and possesses gentle detergent qualities which renders it an excellent medicine in coughs, hoarseness, asthma, &c. ; also, for lubricating the throat, softening acrimonious humors, and it affords relief to the organs of respiration. But with this intention it ought to be taken as a diet drink, in considerable potions, by way of infusion. This plant has been found in the State of Vermont and on the Ohio river,

### MAIDENHAIR.

This is also called milk-waste, and spleen-wort. It grows on old walls, rocks, and shady, stony places, generally to the height of seven or eight inches, leaves very fine and soft, and spotted underneath. Stalks of a dark purple colour ; flowers from May to October. Its leaves have a mucilaginous sweetish taste, without any peculiar odour.

An infusion, by pouring a quart of boiling-water on two ounces of the dry herb, sweetened with honey, and taken in quantity of a tea-cup full every hour or two, or a spoon full in the form of syrup, is said to be good in tickling coughs, hoarseness, and disorders of the breast, proceeding from acrid humours, in irregularities of the menses.

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### MARSHMALLOW.

This herb grows in marshes and wet places. The leaves have a soft, woolly surface, feeling like velvet. The flowers are of a white, pale flesh colour, and appear in August.

Every part of the marsh mallow, and especially the root, when boiled, yields a copious mucilage, on account of which it may be employed in emollient poultices, for softening and maturing hard tumours. It is likewise of great service in the form of infusion, or asthma, hoarseness, dysentery and gravel.

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### MAYWEED.

This herb, sometimes called wild camomile, rises from one to two feet high ; leaves ovate, flowers yel-

low, resembling camomile flowers, but smaller. It grows by the road sides in low grounds.

The leaves and flowers answer all the intention of camomile flowers, except that they are inferior in strength. In fevers and common colds, wherever perspiration is necessary, these may be employed to good advantage.

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### MILKWEED, OR SILKWEED.

This plant is so well known it needs no describing. The root has been found effectual in the cure of dropsy. It is beneficial in scrofulous and rheumatic disorders, and worms in children.

Boil eight ounces of the dry root in three quarts of water ; of this, a gill may be taken four times a day for the dropsy, increasing the dose according to its effect. For other complaints a larger dose may be taken. Or the root in tincture with gin may be used in dropsy and gravelly disorders.

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### MOTHERWORT.

This valuable plant has a hard, square, brownish, strong stalk, rising from two to four feet high, spreading into many branches, leaves broad and long, two at every joint, notched about the edge. From the middle of the branches to the tops grow the flowers, round about them, in sharp, pointed, rough, prickly husks or burs, of a red or purple colour. The root sends forth a number of long strings and small fibres of a dark, yellowish colour.

Motherwort is an excellent medicine. It may be given in powder, a table-spoon full at a dose ; or the

infusion. It relieves hysterical symptoms, procures sleep, abates delirium, allays spasms and risings of the uterus; it is admirably adapted to the cases of those females who suffer pains from tenderness about the lower bowels and loins. It brings on the menses, and relieves violent pains after delivery. As a warm cordial, it may be used in low fevers and in chronic weakness, with nervous affections, cramps and convulsions.

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### MOUSE-EAR.

This is a low creeping herb, something like strawberry, shooting forth small strings and roots, on which grow many small, short leaves, set in a round form together, and very hairy which are milky. The flower stem is three or four inches high, on the top of which is a pale yellow flower, resembling a dandelion, It grows on ditch banks and sandy grounds, and continues green all winter. The juice or decoction, drank twice a day continually for some time, is good in jaundice; relieves the stone and gripings in the bowels. It is an excellent gargle for the sore throat, and cleansing to malignant ulcers, canker, &c.

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### MULLEIN.

This well known plant grows from three to eight feet high, with an upright stalk, set with large, long, woolly leaves; flowers small and of a beautiful yellow colour which clothe the extremities of the stem. It grows by road sides and on poor land. The leaves have a bitterish, astringent taste, and a mucilaginous quality, and have been found beneficial in catarrhs.

diarrhœas, and piles. For internal use, the leaves may be boiled in new milk, to which sugar may be added, and taken in dysenteries, &c. Persons accustomed to the piles, may sit over the steam of mullein for half an hour, washing the anus with the warm leaves, till the piles come down, when they may be opened. Afterwards a cloth wet with canker wash, and laid on the piles, will be necessary.

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### BLACK MUSTARD.

This garden plant is so well known, as to need no description. Mustard used with our food, provokes the appetite, assists digestion, and promotes the fluid secretions, and is especially adapted to persons of weak stomachs, or where much acid prevails, as it acts upon the system generally, without producing much heat.

A table-spoon full of prepared mustard in a pint of warm water, on an empty stomach, operates as an emetic in nervous disorders. A table-spoon full of the unbruised seed, taken twice or three times a day, proves a gentle laxative, increases the urinary discharges, and is useful in rheumatism, asthma, palsy, and dropsy.

In languid constitutions, or low stages of fevers, a gill of the seeds mixed with a small handful of horse-radish, and infused in a quart of wine, in doses of a wine-glass full occasionally, is a most cordial stimulant.

The powder of the seeds, mixed with bread or meal, and formed into a poultice with sharp vinegar, is an excellent application to the parts affected with rheumatism, and to the soles of the feet and palms of the hands, in fevers, where there is a languid circulation, or cold extremities.



## ONIONS.

Onions possess similar virtues with the garlic, only in a less degree. The disagreeable smell which they impart to the breath may be effectually obviated by eating a few leaves of parsley immediately after the onions.

Onions are justly reputed an efficacious remedy in suppression of urine, dropsies, and abcess of the liver. They are highly serviceable as an external application in croup, inflammation of the lungs, pleurisy, and suppression of the urine.\*

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PARTRIDGE-BERRY.

This is also called squaw-vine, winter clover, one berry. This is a small vine on the ground, with small round green leaves, like those of clover, and bearing one red berry in a place. It is green through the winter. It is found in woods, among alders and in swampy places.

This is an invaluable plant for child-bearing women. A knowledge of its use was obtained from a tribe of Indians in the west part of New York, though no-

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\* The following exemplification of the virtues of onions in liver complaints, deserves the attention of the reader.

Capt. B. Burch of the District of Columbia, was afflicted with an abcess of the liver, deemed incurable by his physicians, and seeing some onions in the room, expressed a wish to eat one; thinking his case desperate, and no longer a matter of any consequence what he ate, his wife immediately gratified his appetite. After eating one or two onions, he found himself much better, which induced him further to indulge his appetite. He subsisted for several weeks entirely on onions only, with the addition of a little salt and bread—and from using this diet, he was restored to perfect health.

without considerable difficulty and intrigue. The squaws drink it in decoction for two or three weeks previous to, and during delivery, and it is the use of this herb that renders that generally dreaded event, so remarkably safe and easy with them.

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## PEACH.

The flowers and leaves of the common peach trees, are an excellent remedy for worms in children. They will often cure when other means fail. Two ounces of the leaves and flowers, or the leaves alone may be steeped, and the decoction given repeatedly, in small doses, followed by a potion of senna and mustard seed, which will usually bring the worms away. The leaves dried and powdered, are good to stop blood and heal wounds. They are useful for a cough, or shortness of breath, and to remove hoarseness, and for defect in the lungs, and such as raise blood.

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## PEACH PITS.

It will be seen that these form one of the principal ingredients in the peach cordial, and stomach drops.

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## PENNY-ROYAL.

This is very common and abundant all over the United States, and grows principally in a dry soil. The taste and smell, are very pungent and bitterish. It is deservedly a popular remedy throughout the country for female complaints, suppressed menstrual

tions, hysterics, &c. It is beneficial in obstructed menses, and cases of suppression given as a sweetened tea, and used as a bath or fomentation. It promotes expectoration in consumptive coughs, and especially the whooping cough. It alleviates spasms, pains in the hips, and the dyspeptic symptoms of menstruation. It is also serviceable in palpitations, fevers, and gout. It is employed extensively in the botanic practice in assisting the operation of the emetics in all cases, in removing obstructions, warming the stomach and promoting perspiration.

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### PEPPERMINT.

This herb is an excellent stomachic in flatulent colics, languors, hysteric cases and vomiting. The usual modes of administering it, are infusion, the distilled water, and the essential oil. This last, united with rectified spirits of wine, forms the essence of peppermint, so highly esteemed.

In nausea, cholera morbus, obstinate vomiting, and griping, peppermint, infused in spirits, and applied as hot as can be endured to the stomach and bowels, will be found a most valuable remedy.

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### PLANTAIN.

There are two kinds, the common great plantain, and common sweet plantain. Their properties are the same.

The great plantain has a fibrous root, sending out long oval leaves, irregularly dented, of a pale green color, and ribbed, and generally from five to nine in

number. The flower stems grow from six inches to a foot high, crowned with a spike of clustered flowers which are very small. It grows plentifully in meadows, pastures, by road sides, and around gardens.

This plant has long been employed as an antidote against the bite of snakes, spiders and other venomous insects. For this purpose the bruised leaves should be applied to the wound, immediately, and the fresh juice, drank in doses of half a table-spoon full every hour as long as necessary. Many people apply bruised leaves of this herb to slight wounds, and in flamed sores and swellings with a favorable effect. The juice of the plantain drank for several days is excellent to remedy pain in the bowels and to cleanse the blood. It has been found beneficial in preventing immoderate flows of the menses, and curing the whites, piles, salt rheum and venereal disease. The juice may be employed, or the plantain may be prepared by boiling it in milk.

An excellent external application for the salt-rheum, St. Anthony's fire, and eruptions of the skin, is made by boiling half a pound of the dry plant in two quarts of spring water for an hour, when the decoction may be strained, and when cool add half a pint of brandy and put up for use. The head, hands and other parts affected with the salt rheum, or the disorders mentioned above, may be bathed with this lotion four or five times a day ; internal remedies should be taken at the same time.

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### PLEURISY ROOT.

This is also called white root, orange swallow wort, butterfly weed, flux root, wind root, silk weed, &c. This root is large, fleshy and white ; crooked, or branched ; several stalks, either erect or procumbent,

round hairy, green or red, leaves scattered, on short stems hairy, lance-like, flowers of a bright or orange colour, appearing in July and August. It rises about four feet high, and is one of the most beautiful American plants. It grows chiefly on poor and sandy soils, and along streams, and is found all over the United States, but more abundantly in the south. The root when dry is easily pulverized ; and is somewhat bitter, but not unpleasant.

Pleurisy root is a valuable remedy and a mild sudorific, acting safely, without stimulating the body. It is supposed to act specifically on the lungs, to promote suppressed expectoration, and to relieve the breathing of pleuritic patients. It appears to equalize the circulation, and exert a mild tonic effect as well as a stimulant power. It relieves difficult breathing, and removes pains in the chest. It often acts as a mild cathartic, suitable for the complaints of children ; and is also useful in hysterics, profuse menstruation, and dysentery. But in flatulency, colics and griping pains in the stomach, its benefits are most conspicuous, in giving quick and effectual relief. It has quickly removed many misnamed 'liver complaints.' For these it is best given in powder, a tea-spoon full every half hour till relief is obtained.

In a low state of typhus fever, it has produced perspiration, when other medicines had failed. In inflammation of the lungs, and the catarrh it is always beneficial. It restores the tone of the stomach and digestive powers. It has been given in asthma, rheumatism, syphilis, and even for worms.\*

\* The late Paul Hamilton, Esq. ascribed the same virtues of curing pleurisies and dysentery to a plant that grows in South Carolina, and which is also called pleurisy root, he thus describes it :

" It grows in high lands. The root has the appearance and taste of a small, long, sweet potato. The stalk erect ; the leaves resembling the persimmon leaf, are situated trans-



## POPLAR, OR WHITE WOOD.

The bark of this noble tree, as well as the root, is a very strong bitter, and somewhat aromatic. It is a most excellent bitter, either by itself, in a strong decoction, or compounded with bitter herbs. There is perhaps no one thing better for indigestion, or canker in the stomach, and liver complaint, than this bark. It is highly recommended in consumptive cases; the bark of the root made into a decoction and drank freely, several times in a day, is serviceable in intermittents in the last stages of dysentery and other disorders requiring tonic medicines.

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## AMERICAN RHUBARB OR PIE PLANT.

Although this plant is but little known as to its medicinal virtues, it is superior to the Turkey rhubarb, as its effects are more mild on the system and it possesses none of those griping qualities of the Turkey rhubarb.

American rhubarb should be highly prized, as it is a mild cathartic, and may be safely given to children, invalids, and delicate women, in doses of from half to

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versely, and when broken, it throws out a viscid milk; blossoms in May and June. The blossoms are a cream colour, with purple centres. Twenty grains of this root in powder, he says, given in warm water or tea, is excellent in flatulent colic; and the same quantity repeated every two hours in pleurisy, will seldom fail to bring on a perspiration, while its pectoral effects are admirable.

The common doses are from half to a whole tea-spoon full of the powdered root, three times a day; or a gill of the decoction and infusion every few hours.



a whole tea-spoon full of the powdered root. It may be given in hysterical and phthisical habits, as it is not apt to occasion gripes, nor aggravate febrile symptoms. It may be given in the first stages of dysentery. Small doses of rhubarb in the above complaints will be attended with the best effects.

Besides its purgative quality, it should be esteemed as an astringent, by which it strengthens the tone of the stomach and bowels, and proves useful in the diarrœa and disorders proceeding from laxity. It operates more powerful when administered in substance, than in any other form. The dose for an adult is from a half to a tea-spoon full. The infusion is considerably weaker than the powder and requires double the quantity.

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## RASPBERRY.

The raspberry is a rich fruit when ripe, and is wholesome and nourishing. Raspberries, as well as strawberries, held in the mouth, will dissolve tartarous concretions formed on the teeth.

The leaves are very serviceable in decoction for canker in the mouth, throat, or bowels, and are valuable in the cholera morbus, and dysentery, and relaxation of the womb and parts. A decoction of these is given and used as a gargle with success, in cankers and ulcerated sore throat; and the decoction may be used with advantage as a wash in cleansing ulcers and foul sores. People that are troubled with canker humours, ought to drink a decoction of this herb freely, and for a considerable time.

## ROSE WILLOW.

This tree is about the size of a small apple tree and covered with a greenish colored bark, and very white within. The flowers resemble a bunch of roses, from whence it derives its name. It grows near brooks along the banks of rivers, and on upland meadows. It is known throughout the United States by the name of red rose willow, which distinguishes it from the black willow, or the puss willow, which grows in swamps and along the sides of moist meadows. The bark of rose willow is an excellent tonic and astringent. It is very beneficial in strengthening and bracing up weakly women, labouring under the whites, relaxation, bearing down, &c. ; and likewise in restraining immoderate flowing of the menses.

For use, one pound of the bark may be boiled to three quarts ; to which add one quart of brandy, and six ounces of loaf sugar. Dose, a tea-cup full three times a day as a tonic, and to be continued till well. It is equally useful in gleet when the pure decoction may be used for injection.

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## SAFFRON.

This plant is cultivated in gardens. Its smell is pleasant, the taste a fine aromatic bitter, and it gives a deep yellow colour to the saliva, when chewed. The active matter is equally extracted by alcohol, water and vinegar.

Saffron is a valuable plant, and is highly esteemed, as it exhilarates the spirits when taken in small doses ; but if used in too large potions, it produces immoderate mirth. It is considered an excellent remedy in hysterics and depressions. Its principal use, howev-

er, at the present time, is to prevent the striking in of eruptions and the matter of the scarlet fever, measles and similar diseases.

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### SARSAPARILLA.

This vine grows in several parts of the United States. It is a small vine, resembling a bramble. A decoction of sarsaparilla, prepared by boiling four ounces of the root in a quart of water, till a third part be evaporated, has long been employed in the venereal complaints. It promotes perspiration, relieves venereal head-ache, and also disposes venereal ulcers to heal. In rheumatic affections, cutaneous disorders, and scrofula, it is a very useful medicine. It may also be given in the form of powder in doses of one or two teaspoons full, or extract, in the form of pills, from four to eight, three or four times a day.

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### SASSAFRAS.

This tree is a native of North America. The wood, root, and bark are used. They have a moderately fragrant smell, and a sweetish, aromatic taste. Sassafras is a warm, aperient and strengthening medicine. It has often been successfully given in the form of infusion and decoction for improving the tone of the stomach and bowels, and has been given as a sweetener or purifier of the blood. The oil is highly stimulating and heating, and must be given only in very small doses. The bark is useful in intermittents.—The oil, externally applied, in rheumatism, and also

in wens and indolent swellings, has oftentimes proved salutary. The pith of the small twigs, in water, forms a mucilage of excellent use for sore eyes. It also affords, when sweetened, with the addition of nutmeg, a palatable jelly useful in dysentery and febrile diseases.

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### SWEET BUGLE.

This herb grows in low lands and in the road sides. It is an excellent astringent herb. In decoction, and taken repeatedly, it checks internal hemorrhages from the lungs or throat and stomach, more effectually than any thing else I am acquainted with. I make frequent use of it. A small quantity is sufficient for use in a common case. For other purposes it is similar to other astringents. This is one of the main ingredients in the bitters.\*

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### BITTER SWEET, OR JACOB'S LADDER.

This plant, also called woody-nightshade, felonwort, &c. rises ten or fifteen feet high, and entwines around trees as a vine ; but if there be no shrubs in the vicinity, the shoots creep along the ground, and frequently strike for new roots. It flowers in June and July, color purple, with yellow antlers, always turning from the sun. The berries are of a bright orange colour, similar in form to currants, and of a bitter sweet taste. It grows in high and low grounds, and marshes, and is sometimes mistaken for ivy, which is poisonous.

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\* See bitters.

The bitter-sweet is a powerful and useful medicine, though like most of the invaluable medicinal plants which nature so profusely furnishes to our hands, its virtues are appreciated by but few. It increases all the secretions and excretions, particularly sweat, urine and stool, and excites the heart and arteries. It may be employed both externally and internally. It is peculiarly beneficial in real liver complaints ; also in rheumatism, schirrous swellings, ill-conditioned ulcers, scrofula, whites, jaundice, and obstructed menses. It is said that cancers of the breast, have been cured by rubbing the juice over the cancer, and the green leaves applied over the breast. For internal use, boil half a pound of the bark of the root to one gallon.. The dose, a gill three times a day. It is also good in fevers and dropsical swellings. The bitter sweet ointment, (the preparation of which will be found among the recipes,) is of superior efficacy in diseases of the breast to which women are subject after delivery.

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### SENNA, AMERICAN.

This plant is easily cultivated from the seeds, and ought to be more generally introduced into our gardens. It has long been employed as a purgative. To increase its effects on the bowels, mustard seed, and manna are generally added. To correct its ill flavour, and prevent griping, it should be joined with some aromatics, such as coriander or fennel seed, ginger, &c. In the form of decoction, a handful, or an ounce to a pint of boiling water. The dose is a tea-cup full every hour or two until it operates. It may also be exhibited in the form of tincture, to relieve flatulent colics, four ounces of senna to a quart of spirits, with an ounce of coriander seed or ginger, and a wine-glass full the dose.

## SKUNK CABBAGE.

This herb abounds in swamps and meadows, and emits a disagreeable smell, nearly resembling that of a skunk or pole-cat, and from this, and its leaves resembling those of a cabbage, it has acquired its name. The roots dried and powdered, have proved of excellent use in asthmatic cases, and often afforded relief in this distressing disease, when other means were ineffectual. It should be given during the paroxysm, and continued until the patient has perfectly recovered. Dr. Culler has celebrated its efficacy in his own case of asthma, after other medicines had failed. In one of the most violent asthmatic cases, two tea-spoons full of the powdered root in spirits procured immediate relief, and on repeating the trials with the same patient, it afforded more lasting benefit than any other medicine. In childbed it produces the desired effects in doses of a tea-spoonful repeated occasionally. In numerous other instances of hysteric and spasm, and also in chronic and acute rheumatism and dropsy, in powder or decoction it has performed important cures. The seeds possess the same virtues with the root.

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## COMMON SUMACH.

There are two kinds of the common upland sumach; one known as the narrow-leaved sumach, the other as the Pennsylvania sumach. The latter is smooth and rises to the height of ten or fifteen feet. The leaves are feathered, sawed, lanced, naked on both sides, and change to a beautiful red in autumn. The seeds are in large bunches, arranged like the flowers, are red, and covered with a powder of an agreeable acid taste.



The two species above mentioned, are considerably astringent. An infusion of the berries sweetened with honey is an excellent medicine for coughs, and as a gargle in sore throats, and for cleansing the mouth in putrid fevers.

The bark of the root in the form of poultices for old ulcers ; it is hardly equalled by any. In decoction it is good for hectic fever and scrofula. It is said to be efficacious in the venereal, combined with the bark of the slippery elm and white pine, in decoction, and taken freely.

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### WHITE SOLOMON'S SEAL.

This plant rises six or eight inches in height ; leaves lance-like, and of a dark green color ; flowers in umbels, and hang on the lower side of the leaning stalks, producing red berries. It grows on the sides of meadows, high banks and mountains, in every part of the United States.

The roots are astringent, the flowers, berries and leaves are acrid and poisonous. The sweet mucilage of the roots, applied as a poultice, is good in inflammation and piles. Four of each of Solomon's seal and comfrey root, bruised and infused in two quarts of Muscat wine, is a valuable remedy for the whites, and other female weaknesses, when taken in the quantity of a wine-glass full three times a day.

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### STRAWBERRY.

The common strawberry, although chiefly considered an article of food, deserves a place among medicines. They are useful in fevers, gravel, gout, scur-

vy, and consumption. They are cooling, promote perspiration, give relief in diseases of the bladder, and kidneys, upon which they act powerfully. It has long been extolled in gout and phthisic. Persons laboring under these complaints ought, to eat them frequently when in season, and use at other times their syrup. Used moderately, they are certainly a valuable medicine in many cases ; but an excessive dose of either is liable to produce vomiting or a painful stricture in the bladder, with red urine. The plant and leaves have nearly the same properties, are less cooling and more astringent. Both are used for sore throat, swelled gums, bowel complaints, and jaundice, in infusion and decoction.

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### SUNFLOWER.

This plant has an agreeable and somewhat spicy odour. The sunflower is one of the most valuable medicinal plants our country produces ; and is the most efficacious remedy in bilious colics, that can be administered. In all diseases, where anti-spasmodics are indicated, it may be employed with the greatest benefit. The leaves, or root, which is the strongest, may be taken in powder, in quantity of half to a whole tea-spoon full every hour, if necessary ; or in urgent cases, in a larger dose.

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### TANSY.

This herb has a warm, bitter taste, not ungrateful to the palate. It is an excellent tonic stomachic and has a favourable effect in hysteric disorders. The leaves

and seeds have been in considerable esteem as anthelmintics, and are given in doses from one to two teaspoons full. The decoction of tansy, or the juice drank in wine, is very useful in strangury and other obstructions of urine, and in weakness of the kidneys.

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### VERVAIN.

The common blue vervain is a tall showy plant, common by road sides in low ground. Stems three or four feet high ; leaves opposite, rough, sharply serrate, tapering to a long point, the lower ones broader, with commonly a lob on each side at their base ; spikes numerous, erect, slender, the flowers commencing at their base, and are long in reaching their summit ; flowers close, of a dark, purplish hue, appearing in July and August, roots long and small. It is found throughout the United States. I have found it beneficial in the cure of fevers, particularly the scarlet fever. It opens obstructions of the viscera, promotes the menses, and is good in gravelly complaints, coughs and wheezing, and expels worms. It should be prepared in a decoction, and drank daily.

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### VIRGINIA, OR BLACK SNAKE ROOT.

This plant grows in rich wood lands, from seven to nine inches high, leaves heart shaped, flowers of a purplish brown colour. The root is composed of a number of strings, or fibres, issuing from one head, and matted together, of a brownish colour on the outside, and pale or yellowish within.

It has an aromatic smell, and a warm, bitterish pungent taste. It promotes perspiration, raises the pulse,

and resists putrefaction. Hence it is especially adapted to the low and advanced stage of typhus or nervous fever. It may be given in the form of infusion or tea, four ounces to a quart of boiling water, in doses of a tea-cup full ; or in powder, from half to a whole teaspoonful twice or three times a day. Conjoined with poplar bark, or any of its substitutes, it is an admirable remedy in obstinate cases of the ague and fever, and other disorders of general weakness. In cold phlegmatic habits, it has also been exhibited in the form of tincture, and when united with double the quantity of bitter root or dogsbane it affords a good bitter. Professor Barton observes, that " a strong decoction of the root was used with great benefit as a gargle in a putrid sore throat, which prevailed in New-Jersey." Externally applied, the decoction has been found to cure the itch.

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### WATER DOCK.

This plant grows in peat marshes, wet ditches, pools, at the sides of rivers and in shallow water. It rises five feet high ; leaves nearly two feet long, narrow, and pointed ; those at the bottom are near eighteen inches in length, of a narrow form, somewhat indented, and stand upon long channeled foot-stalks ; flowers numerous, yellow, and hang in whorled spikes upon slender stalks.

This plant affords a medicine of considerable efficacy, when applied externally as a wash for foul ulcers, and for spongy and putrid gums. Its roots when pulverized have been found excellent for cleaning the teeth. These roots are of a bitter, astringent taste, and have often been employed for the cure of scorbutic and cutaneous disorders, in which they are administered internally, and applied externally in ointments,

or fomentations. Decoctions of the leaves are likewise an efficacious laxative, and have been taken with advantage in rheumatic pains and chronic diseases, occasioned by costiveness, the dose usually given is a decoction of half an ounce of the fresh root, or half a tea-spoon full of it in a dry state.

The Indians used the water dock with great success in cleansing foul ulcers. Dr. Withering says, "he saw an ill-conditioned ulcer in the mouth, which had destroyed the palate, cured by washing the mouth with a decoction of the root, and drinking a small quantity of the same decoction daily."

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### WHITE WALNUT, OR BUTTER NUT.

This affords one of the finest cathartic medicines in the whole of the American Materia Medica. The inner bark boiled for several hours, then strained and reboiled to the consistence of thick honey, forms the best preparation of this invaluable medicine. A common sized pill or two, on going to bed, is admirable to remove those costive habits, which occasion headaches, loaded stomachs, colics, &c. And, in increased doses, say double quantities, it will be found a sovereign medicine in dysentery, bilious fever, and all other complaints requiring aperient medicines, more especially if combined with equal quantities of gamboge. I cannot quit this extract, without recommending it to every family to keep it constantly by them. The extract from the bark of the root, is preferable to that of the trunk.

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### WITCH HAZLE.

This is a shrub from six to ten feet high, with irregular, crooked and knotty branches ; bark smooth,



gray, with brown dots ; leaves large and smooth. Flower on short stems, clustered three to five together, in several places along the branches, yellow. It is common on hills and mountains, and on the stony banks of streams, throughout the United States. It is astringent. The Indians value this shrub highly. The bark affords an excellent topical application for painful tumours and piles, external inflammations, sore and inflamed eyes ; and also a wash for foul sores, corroded surface, sore mouth, &c. applied in poultice or wash. A tea is made of the leaves and employed for many purposes, in bowel complaints, pains in the sides, menstrual effusions, bleeding at the stomach, &c. In the last case, the chewed leaves, a decoction of the bark, or tea of leaves, are all employed with great advantage. A strong infusion, given in injection, for bowel complaints is highly serviceable.

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### WORMWOOD.

The common wormwood is an herb growing wild on the road sides ; and is cultivated in gardens. The smell is disagreeable, and its taste extremely bitter. It is used in stomach complaints, and is of great service to hypochondriacs. It is also employed in intermittent fevers, in dropsical affections, in jaundice, and against worms. An infusion of the leaves is a good stomachic, and with the addition of other vegetables\* is serviceable in jaundice, loss of appetite, and indigestion, &c.

The essential oil is used both externally and internally for destroying worms. The herb is an excel-

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\* See Bitters.



lent external application in wounds and bruises, employed in fomentation. It resists putrefaction ; and if the plant be macerated in boiling vinegar, or soft soap, and repeatedly applied to the bruise, it will not only remove the pain, but also prevent the swelling and discoloration of the part affected.

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## WILLOW.

Professor Barton thinks that our willows possess nearly the same virtues that have been ascribed to those of Europe. The bark of the white willow, smooth willow, and crack willow, so called from the remarkable bitterness of its branches, collected when it abounds with sap, has been successfully employed in intermittent, or ague and fever, in one or two teaspoons full. The broad-leaved willow possesses greater virtues than either of the above. This species may be distinguished by the shape of its leaves from others. The leaves have a downy appearance on the under surface. It is found in woods and hedges, on hilly situations. A strong decoction of this bark resembles port wine in colour. It is astringent to the taste, and somewhat bitter. It is a remedy of great efficacy in most cases where restringencies are needed. Four ounces of the bark to be infused in one quart of water for six hours, then boil it over a gentle fire for a quarter of an hour, and strain for use. Of this, the ordinary dose is a wine-glass full three or four times a-day. But in ague and fever, the dose may be repeated every third hour in the interval of the fit.

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## YARROW.

Common yarrow is a frequent inhabitant of dry pastures and fields ; erect, furrowed, hairy, branched at

the top ; leaves alternate, cut into a multitude of very small linear subdivisions; flowers white, forming a large, flat top. The plant has a strong penetrating smell. Yarrow possesses considerable medicinal virtues, as it purifies the blood, opens the pores, removes obstructions, &c. It is said that a table-spoon full of the juice of this plant taken twice a-day, and the bruised herb applied over the cancer, after washing it with the juice, has cured a cancer of the breast. It stops the spitting of blood, and cures bleeding piles and dysentery. It may be used in decoction, sweetened with honey and taken freely. By applying the pounded green leaves over a bruise and drinking the infusion, it is dissipated in a few days.

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### BITTER DOGSBANE.

Also bitter-root, fly-trap, honey-bloom, &c. This is rather a common plant, found in most parts of the United States. It grows in woods, hills, dry, sandy soils, along fences, and in old fields. The root is large, bitter and milky. Stalks very smooth as well as the leaves, with a tough, fibrous bark, from two to three feet high, and branches, round and often rose colored ; leaves opposite two or three inches long, with one large nerve ; flowers on flower stems, always longer than the leaves, nodding, few, and bell-shaped, flesh or rose colored.

This is a very active plant. The root is the most powerful part : but it must be used fresh, since time diminishes or destroys its power. At the dose of two tea-spoons full of the fresh powdered root, it acts as an emetic ; in smaller doses it is a tonic, useful in dyspepsia and fever. It is highly recommended for costive habits, indigestion, and loss of appetite.

Some of the southern tribes of Indians employ it syphilis, and consider it a specific ; they use the fresh root, chewed, swallowing only the juice. It has been used for the same purpose in Kentucky and Tennessee, and kept a secret.

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### OLIVE OIL, OR SWEET OIL.

The olive tree is a native of the southern parts of Europe. Its fruit is considerably used as an article of food by the inhabitants of the countries where it is found ; but it is hurtful ; its oily nature relaxing the stomach. Medicinally considered, olive oil has been found an excellent preventive of the plague, when rubbed over the whole body, immediately after the contagion is supposed to have been taken. The oil when properly applied, and followed by use of a considerable degree of friction, occasioned a copious sweat over the whole body, by which it is said the patients were immediately cured. Olive oil has also been employed with success as an antidote against poison occasioned by vegetable, or minerals, or by the bite of serpents, especially that of the rattlesnake. In several cases apparently desperate, when a few spoons full of oil had been swallowed, the violent symptoms instantaneously subsided, and cures were soon effected. In gouty patients, sweet oil rubbed on the pained limbs proves a soothing, safe, and useful application. It is also beneficially employed internally for coughs, hoarseness, &c. and is a gentle laxative. It may be taken in large quantities to destroy the action of acrid substances taken into the stomach ; but its principal use is for the composition of ointment and plasters.

## PALM OIL.

This oil is obtained from the kernel of the fruit of the palm tree cultivated in the West Indies. It is of an orange color, of the consistence of ointment, emitting a strong agreeable odour, and very little taste; both of which it loses by long keeping, when it is unfit for use. It is employed chiefly externally, for relaxing pains, cramps, and similar affections; and also, for the cure of chilblains. With camphor, palm oil makes a very excellent liniment of the stimulating kind. Palm oil, with other ingrediencies, form an active ointment\* for bruises, sprains, gout, rheumatism, croup, numbness, and for indolent tumours, rigidity of the tendons, &c.

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## PUMPKIN SEED, THE OIL.

The expressed oil of pumpkin seeds is perhaps without exception the most certain and efficient remedy for gravel or stone, which we possess. The dose may be from six to twelve drops, three or four times a-day, or oftener if required. It gives quick relief in cases of spasm upon the urinary passages. It relieves the scalding of the urine. When the oil cannot be obtained, the decoction may be substituted.

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\* See Botanic Ointment.

## GAMBOGE.

A vegetable juice of a resinous nature, imported from the East Indies. The best sort is of a deep colour, divested of all smell and has very little taste. It is a violent cathartic, operating both upwards and downwards. It has been used in dropsies, in small, nauseating doses, as a water purge, and will often bring away large quantities of water. Gamboge is also recommended for the tape worm, in doses of fifteen grains, early in the morning ; and if the worm be not expelled in two or three hours, this powerful dose is said to have been repeated with safety and success, even to the third time. From two to four grains, or a quarter of a common tea-spoon full is a common cathartic dose. Great precaution, however is requisite in the use of this active medicine. If too large a dose should be accidentally swallowed, the most effectual antidote will be a copious draught of solution of salæratuſ, in water.

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## GUM ARABIC.

This, the purest of the gums, is obtained by spontaneous exudation from the mimosa tree. It is in small, irregular pieces, white or yellowish, without taste or smell. It has all the properties of gum ; is insoluble in alcohol or oils, and is soluble in water, forming a viscid solution, termed mneilage.

Gum Arabic is useful in dysentery, diarrhœa, stranguary and heat of urine, when it should be given in solution. It forms an excellent basis for all mixtures.



## GUM MYRRH.

Myrrh is the produce of a shrub growing in the East Indies. The best myrrh is somewhat transparent, of a uniform brownish, or reddish colour ; slightly pungent bitter taste, with a strong aromatic, not disagreeable odour, though nauseous to the palate.

In its medicinal effects, this aromatic bitter, when taken internally, warms and strengthens the stomach. It frequently occasions mild sweats, and in general, promotes the fluid secretions. Hence it is used with great advantage in case of debility ; in diseases arising from suppression of the urine, or from inordinate discharges, in cachectic habits, and to those persons whose lungs and throats are oppressed with tough phlegm.

Myrrh is likewise supposed, in a peculiar manner, to resist putrefaction in all parts of the body ; and in this light, stands recommended in malignant, putrid and pestilential fevers, and in small pox, in which last it is said to accelerate the eruption. Tincture of myrrh is recommended internally for warming the habit, attenuating viscid juices, strengthening the solids, opening obstructions, and resisting putrefactions. The dose is from fifteen to forty drops, or more. It may perhaps be given in these cases with advantage, though it is more commonly used externally as a stimulant and antiseptic application for clearing foul ulcers, and promoting the exfoliation of carious bones.

Myrrh is one of the main ingredients in the elixirs, which has proved serviceable in coughs, colds, fevers, head-ache, pain in the stomach and bowels, and colic, &c. And is highly esteemed as an external application in rheumatic affections.



# DIRECTIONS

RESPECTING THE COLLECTION AND PRESERVATION

OF

## VEGETABLE SUBSTANCES.]

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Herbs and leaves should be gathered in dry weather, after the dew is off them, and freed from decayed and withered leaves. They should be tied in bundles, and hung up in shady, warm and airy places, or spread upon the floor, and frequently turned. If very juicy they should be laid upon a cloth and dried in the sun, or by a gentle degree of artificial warmth. They should be dried in such quantities at a time that the process may be finished as quickly as possible ; for by this means their virtues and strength are best preserved ; the test of which is, the perfect preservation of their natural colour.

Flowers ought also to be collected in clear dry weather, after the dew is off, immediately after they have opened. They should be dried nearly the same as leaves, but quicker, and with more attention ; as they must not be exposed to the sun, it can be done best by a slight degree of artificial warmth.

Barks and woods should be collected when the most active parts of the vegetables are concentrated in them, which happens in the Spring and in Autumn. Spring is preferred for resinous barks, and Autumn for

those that are gummy. Barks should be taken from young trees, and freed from decayed parts and all impurities. Seeds and fruits are to be gathered when ripe, but before they fall spontaneously.

Roots which are annual, should be collected before they shoot out their stalks or flowers. Those which are worm-eaten, or decayed, are to be rejected. The others are immediately to be cleaned with a brush and cold water, letting them lie in it as short a time as possible ; and the fibres and little roots, when not essential, are to be cut away. Roots which consist principally of fibres, and have but a small top, may be immediately dried. If they be juicy and not aromatic, this may be done by a moderate heat ; but, if aromatic, by simply exposing them, and frequently turning them in a current of cold air. If very thick and strong, they are to be split or cut into slices, and strung upon threads, if covered with a tough bark, they may be peeled fresh, and then dried. Such as lose their virtues by drying, are to be kept preserved in a fresh state should be buried in dry sand.

The proper drying of vegetable substances is of the greatest importance. It is often directed to be done in the shade and slowly, that the volatile and active particles may not be evaporated by too great heat ; but this is an error. They always lose more by slow, than by quick drying. When on account of the colour, they cannot be exposed to the sun, and the warmth of the atmosphere is insufficient, they should be dried by an artificial warmth, and well exposed to a current of air. When perfectly dry, they have but little smell ; but after being kept for some time, they attract moisture from the air and regain their proper odour.

# MEDICAL COMPANION.

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## PART III.

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### DISPENSATORY.

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Having finished, as far as the limits of this work will permit, a general detail of the practice of botanic medicine, adapted to the climate of our country, it now only remains to notice the medicines requisite for family use, and to point out the best forms of prescribing them, in the treatment of the different diseases, described in the preceding parts of this work.

The following medicines will be found sufficient to answer every purpose of botanic practice, and the expence will be found nothing, compared to the great advantages, which must result from being constantly supplied with them.

To render the work still more complete, I have annexed to the medicines, their doses according to the age of the patient ; observing, however, that whatever general rule may be given, it can only be applied with reference to the habit and state of the patient. The judgment of the person who administers the medicine must therefore be exercised in this respect. It will be found that the constitutions of patients are often attended with some certain peculiarities, both in relation to medicine in general, and also to certain substances particularly, of which knowledge is only to be obtained by experience.

## EMETICS.

Emetics are substances capable of exciting vomiting. The effects of an emetic are, an uneasy sensation in the stomach, with nausea and vomiting. While the nausea only is present the pulse is feeble, quick and irregular, and the countenance pale. During the vomiting the face is flushed, the pulse is quicker, and it remains so during the intervals of vomiting. When the operation of vomiting has ceased, the nausea goes off gradually; the patient remains languid, and often inclined to sleep; and the pulse is weak, but gradually becomes slow and full, and the skin is commonly moist.

Frequently after an emetic is given the patient complains of distress in the stomach, with flying pains over the system, which increases until the patient becomes delirious, which frequently continues from four to six hours, the extremities become cold, the pulse slow and full, the face florid; which last is of short duration, and is followed with a death-like paleness; and the patient becomes exceedingly restless. At length the patient becomes calm and falls asleep; a sighing takes place, which continues from fifteen to forty minutes; the patient awakes, and vomiting ensues. After vomiting several times, the patient falls asleep again and soon becomes in a profuse perspiration; soon he awakes quite refreshed, feeling no inconvenience from the operation.

The susceptibility of vomiting is very different in different individuals; and is often considerably varied by disease. Though nausea generally accompanies vomiting, yet it is not always so. Sometimes the emetic acts without occasioning much nausea, while at other times it induces it in a much greater degree than is proportioned to its emetic power.

The feeble and low pulse which accompanies vomiting, has been ascribed to direct association between

the motions of the stomach und those of the heart ; or it may be owing to the nausea excited, which being a disagreeable sensation, is equivalent to an abstraction of stimulus. It is supposed also, that a sympathy exists between the stomach and the surface of the body, so that the state of the vessels of the one part is communicated to the vessels of the other. Emetics powerfully promote absorption. They often occasion increased evacuation by the intestinal canal, an effect arising from their stimulating power.

The manner of administering the emetic, or giving a regular course, is as follows : Take an ounce and a half of valerian bruised, put it in an earthen mug or pitcher, pour one quart of boiling water to it ; let it steep twenty or thirty minutes. Put two ounces of pennyroyal in another vessel ; pour two quarts of boiling water to it ; let it steep as long as the valerian. Strain off half a pint of the valerian tea for an injection ; add a tea-spoon full of vegetable powder, half a tea-spoon full of green emetic, and one of gin elixir this to be given in bed, as soon as the operation is over, the patient should be put into the box, the steam raised about the temperature of the blood. He should remain in the steam from fifteen to thirty minutes, according to his strength. The patient, while in the steam, should drink freely of the pennyroyal tea. When he comes out, a blanket should be put over him, and he should then be put immediately to bed and remain in the blanket fifteen minutes ; the inner clothes should then be put on and the blanket taken out.

Strain off a half tea-cup full of valerian tea, add a tea-spoon full of sugar, and when cool enough to drink, add a tea-spoon full of green emetic, pounded fine and sifted, a quarter tea-spoon full of cayenne, and a tea-spoon full of gin elixir. Stir these together and give it to the patient ; and give a tea-cup full of pennyroyal tea directly after. In fifteen or twenty minutes give another cup of emetic prepared in the same manner,



whether it operates or not. In about twenty minutes, give the third, prepared in the same manner as the two first. If the patient is distressed, or appears delirious, the third cup may be dispensed with, and a cup of valerian, with a tea-spoon full of elixir added, may be given. The third cup should be given, except in the case above mentioned, and the third followed in thirty minutes with a cup half full of valerian tea, to which should be added half a tea-spoon full of cayenne. The patient should be allowed to drink, if he desires it, cider, water, gruel, or tea, and as much as he wants.

When the emetic has done operating, the patient should remain in bed two or three hours until the perspiration ceases; he should then be set up in bed and a blanket thrown around him, wash him in rum or brandy, and wipe him dry; then change his inner clothes. He may then be dressed and sit by the fire. The next day, when the weather is pleasant, if the patient has no fever, he may walk out; and should eat such food as his appetite requires. This method may be pursued in all cases of obstructions, and may be relied upon as perfectly safe.

“Although it is one of the most powerful emetics in the world, it is far from causing cramp, or convulsions; it is a specific remedy in either of the cases. It is one of the most powerful assistants, of any medicines known; as a stimulant it differs from any other medicine we know of, as it leaves the patient in more cheerful spirits; and when taken, it promotes strength and sleep, but has no tendency to stupify. It is perfectly safe to give to male or female, in every situation in life, from infancy to old age.”

The second preparation is for children from three days old to twelve years, and is prepared by adding four ounces of the leaf and pod of lobelia to two quarts of alcohol, let it stand eight or ten days, shaking it occasionally, strain it off and it is fit for use. The portion for children under the age of one year, is from one



to three tea-spoons full, in a cup half full of pennyroyal tea sweetened. It should be given in three potions : the second potion should be given ten minutes after the first ; in ten minutes give the third. For children over one year of age and upwards, from three to twelve tea-spoons full. This should be given in three potions, in pennyroyal tea, in the course of an hour. To each potion, a tea-spoon full of elixir should be added. The nurse should be particular to give drink as often as the child wants, either water or tea.

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## PREPARATIONS AND COMPOSITIONS OF BOTANIC MEDICINES IN COMMON USE.

Family pills are prepared as follows : Take one pound of thoroughwort, one of huckle, one of bitter sweet, one of camomile flowers, one of wormwood, boil them in eight gallons of spring water one hour ; strain it off and boil the decoction to two quarts, strain it through a fine seive, add three pounds of the best aloes pulverized and sifted, mixed with one pound of golden seal ; ten ounces of gum gamboge pulverized and sifted ; one pound of bitter root, one pound of valerian, eight ounces of West India cayenne, four ounces of slippery elm, eight ounces of rhubarb pulverized and sifted. Mix them well together, and if too thick to make into pills, add molasses ; if not, add flour of licorice root. The preparation should then be cut in pieces and rolled out to a consistent thickness, and cut in strips of a sufficient length for the mould. The strips should be rolled in the flour of licorice, before they are laid in the mould, to prevent their adhering. When rolled out, they should be spread on a waiter, and dried in the shade. They are a specific in case of costiveness, indigestion, dys-

pepsia, coughs, head-ache, jaundice, stranguary, dropsy, and dysentery, &c.

*Directions.*---The potion from four to eight, over night, when they are intended as a cathartic, and then four every six hours, until such intention is effected. If the first dose does not answer the purpose. In very obstinate cases, even a larger number may very safely be administered.

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### BALM OF LIFE.

Take one pound of aloes pulverized, two pounds of Tall licorice, one pound of rheubarb, one of valerian, half a pound of gum gamboge. Pulverized, put these into a keg, add six gallons Muscat wine, let it stand one month in a cool place and shake it occasionally. Let it stand one week to settle ; then strain it off from the dregs ; add two quarts of alcohol, in which should be infused two ounces of the oil of chickerberry, and it is fit to bottle and use.

The balm of life is useful in costiveness, indigestion, dyspepsia, flatulency, faintness at the stomach, coughs, jaundice, stranguary, gravel, humours, female complaints, and nervous complaints in general.

*Directions.*---For an adult, give two or three tea-spoons full every night. If it does not operate by morning, give two or three spoons full more. In case wind or pain, or any other difficulty, caused by cold or obstructions, take two or three tea-spoons full every hour until it relieves. For children, from one to two tea-spoons full.

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### VEGETABLE POWDERS.

Take one pound of bayberry bark, of the root, pulverized and sifted ; four ounces of ginger ; four of

golden seal ; two of African cayenne ; mix these well together, and they are fit for use. These powders will be found serviceable in all cases of sickness, such as violent colds, dysentery, pain in the stomach, or bowels, head-ache, colic, female complaints, and all kinds of humours. If taken in the first symptoms of a fever, they frequently throw it off, and the patient is restored to health, after taking them a few times. They warm the stomach and cause an appetite. They are a good remedy for the jaundice ; and are effectual in removing all obstructions of the liver, spleen, kidneys, and urinary passage. They frequently cause a person to vomit, in which case, they afford great relief.

*Directions.*—For an adult. Take a large tea-spoon full of them in a tea-cup ; add a tea-spoon full of sugar ; fill the cup half full of water and stir it well ; and when cool enough, give it to the sick person in bed at night. In cases of fever, it should be given two or three times a day. For children, it should be strained ; to which add a little milk.

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### HEALTH RESTORATIVE.

Take one pound of camomile flowers, one of bitter sweet bark, one of dock root, one of thoroughwort, one of angelica root, and one of cleavers. Put them in a three pail kettle, and fill it up with spring water. Boil them three hours, then strain the liquor off, and boil it down to three gallons ; put it in a demijohn to cool ; add two quarts of alcohol, one pound of aloes, eight ounces of rheubarb, eight of butternut extract, eight ounces of valerian pulverized, four ounces of bitter-root, four of golden seal ; let them stand one month, shaking it occasionally ; then strain it off, bottle it and it is fit for use.

Health restorative is useful in case of pain and wind in the stomach and bowels, indigestion or dyspepsia, obstructions in the liver and kidneys, for stranguary, and female complaints in general.

*Directions.*—Take half a wine-glass full before breakfast. In case of costiveness, take half a wine-glass full every hour till it operates. At other times, when troubled with wind or pain, caused by cold or obstructions, take a quarter of a wine-glass full. It may be sweetened or not, as is most agreeable to the taste.

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### STOMACH BITTERS.

Take one pound of white poplar bark, pulverized and sifted through a fine seive, eight ounces of golden seal, eight of pleurisy root, one ounce of cayenne, two ounces of American rhubarb, two of snakeroot, one pound of loaf-sugar, pulverized, mix them well together. These bitters, are serviceable for pain in the breast or stomach, faintness, flatulency, jaundice, loss of appetite, and costiveness.

*Directions.*—Take a tea-spoon full of them in a tea-cup, fill the cup half full of boiling water, stir it, and when cool, drink it, they should be drank two or three times a day as the case may require.

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### VEGETABLE BITTERS.

Take white poplar bark, wormwood, thoroughwort, bitter-sweet bark, bugle, camomile flowers, each one pound, pulverized; add two ounces of cayenne, and mix them together. These bitters are excellent for indigestion, loss of appetite, pain in the stomach and

bowels, costiveness, and all bilious complaints, and also in all female complaints.

*Directions.*—Put two ounces of these bitters into a mug or pitcher ; pour three pints of boiling water to them, let them boil fifteen minutes, strain it off and let it cool ; then add half a pint of gin, or brandy, and eight ounces of loaf sugar. If the patient is troubled with costiveness, add gin. If relaxed, add brandy. Take one wine-glass full before breakfast, and one before dinner ; and occasionally, one toward night.

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### COMMON ELIXIR.

Take one gallon of fourth proof brandy, put it into a demijohn, or jug ; add one pound of the best gum myrrh ; one ounce of African cayenne ; and let it stand in a warm place one month, and shake it occasionally, when it should be strained off from the dregs. Add half an ounce of the oil of checkerberry, shake it well and bottle it.

This elixir is useful, and may be used with advantage internally, or externally ; and will be found highly serviceable in case of pain in the stomach or bowels, dysentery, cholera morbus, cramps in the stomach, bowels, or limbs, by bathing the parts affected, and drinking half a wine-glass full. It generally relieves pain and weakness in the back, by bathing night and morning. It is good to apply to cuts, bruises, and common wounds. It cures a relax, by taking a table-spoon full, two or three times a day.

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### GIN ELIXIR.

Take a gallon of Holland gin, put it in a jug ; add one pound of gum myrrh, half an ounce of African



cayenne, two ounces of golden seal, two of saffron, two of pleurisy root ; let it stand two months. Strain it off and bottle it, and it is fit for use. This elixir is useful and safe for coughs, colds, hoarseness, fevers, head-ache, jaundice, pain in the stomach and bowels, colic, palpitation of the heart, female complaints caused by colds and humours.

*Directions.*—Take from one to two table-spoons full two or three times a day, in a glass of warm water sweetened ; or it may be taken in molasses ; a table-spoon full of each. Take it before breakfast, and before dinner ; and it may be taken at other times, when occasion requires.

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## STOMACH DROPS.

Take one gallon of fourth proof brandy ; add one pound of peach-pits, two ounces of myrrh, four ounces of the life-of-man root, four of pleurisy root pulverised, two ounces of Gilead buds. Let it digest one month, and shaket it often, strain it off ; add one ounce of chickerberry oil. These drops are highly serviceable for faintness at the stomach, dysentery loss of appetite, general weakness, fluor-of-albus, or whites, bearing down pain, immoderate flow of the menses, and are also useful after a fever.

*Directions.*—Take from one to three tea-spoons full, three times a day in a glass of warm water sweetened. If the patient is troubled with costiveness, the stomach bitters should be taken at night.\*

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\* See Stomach Bitters.



## PEACH CORDIAL.

Take one pound of bayberry bark, one of crane-bill root pulverized, one of camomile flowers, put them in a tin boiler, pour four gallons of spring water, boil them half an hour, strain them off, add to the decoction three pounds of peach-pits pulverized, six pounds of loaf sugar, half a pound of gum myrrh pulverized, to a gallon of brandy. Stir it well and bottle it and it is fit for use.

This cordial is useful for weakness and faintness of the stomach, indigestion, loss of appetite, and is a powerful tonic in all cases of debility, fever, and ague, and is remarkably efficacious in curing the whites. A wine-glass full may be taken two or three times a day.

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## ITCH DROPS.

Take two quarts of alcohol, add eight ounces of the seed emetic, two ounces of the African cayenne. Let it stand in a warm place eight days; strain it off and add four ounces of the oil of fir, and four ounces of the spirits of turpentine; shake it well, and it is fit for use. These drops, externally applied, are serviceable in the cure of the itch.\*

These drops are useful in the salt rheum, and all eruptions of the skin; and also in rheumatism, shrunk cords, stiffness of the joints, creup, wounds and bruises.

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## CANKER WASH.

Take of dock, raspberry, witch hazle, bitter-sweet bark, camomile flowers, each eight ounces. Boil in

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\* See Itch.

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six quarts of spring water till the strength is out ; strain it off, boil the decoction down to two quarts ; add four ounces of extract of clover heads, stir it well ; when cool, add one quart fourth proof brandy. This wash is valuable in the cure of leprosy, salt-rheum, canker, inflamed eyes, nipple sores ; and is useful in cleansing foul ulcers. It should be used as often as two or three times a day.

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### BOTANIC OINTMENT.

Take of white poplar bark, thoroughwort, worm-wood, dock root, bugle, camomile flowers, bitter-sweet, cranebill, each one pound, boil them in six gallons of spring water, two hours ; strain it off ; boil the decoction down to two quarts, over a slow fire. Add ten pounds of palm oil, one quart of fourth proof brandy ; boil it over a slow fire till the decoction has evaporated, which may be known when it is done sparkling. Take it from the fire, let it stand fifteen minutes ; add eight ounces of fir ; eight of turpentine, when nearly cool. Add one pound of pennyroyal seed, pulverized and sifted through a fine seive ; it should be bottled, and it is fit for use. This ointment is a valuable composition in the following complaints, viz : — bruises, gout, rheumatism, croup, numbness, stiffness of the joints, shrunk cords, chilblains, chapped hands, weakness, and pain in the back, sores, cuts, and bruises.

*Directions.*—Bathe the parts affected night and morning, and keep the part warm with flannel, or some other covering, till a cure is effected.

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### BITTER-SWEET OINTMENT.

Take equal parts of plantain leaves and root, bitter-sweet bark and cranebill root, boil out the strength,

strain, and make it into an ointment with palm oil. This is a valuable ointment, as it softens and relieves a cracked and inflamed breast, in a remarkable manner, and may be applied with advantage.

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### HEALING SALVE.

Take of mutton tallow, beeswax, rosin, olive oil, each one pound, and simmer them together. This is a most excellent salve, for scalds, and is serviceable in healing old sores and ulcers.

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### COUGH POWDERS.

Take eight ounces of Indian hemp root, eight of cowlily root, four ounces hoarhound, one of cayenne, one of leaf emetic, pulverized and sifted through a fine seive, mix them well together and bottle. These powders are excellent in curing colds, common coughs, and are highly serviceable in exciting expectoration in asthmatic and consumptive complaints.

*Directions.*—Take a tea-spoon full night and morning in warm water sweetened, or in molasses.

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### COUGH DROPS.

To two quarts of Holland gin, add two ounces of leaf emetic, one of cayenne, four of skunk-cabbage root pulverized, one of myrrh ; digest ten days ; strain it off, add a pint of molasses and it is fit for use. These drops are superior to any thing else, in old and firm seated coughs, croup, and quinsy ; and may be used with safety in all affections of the lungs.

*Dose.*—From one to two tea-spoons full, two or three times a day, or oftener if the case requires.

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### FEMALE BITTERS.

Take of cranebill, four ounces; comfrey, four ounces; bath root, four ounces; motherwort root, four ounces; poplar bark, four ounces; orange-peel, one ounce; cinnamon half an ounce; all bruised, and infused in three quarts of Muscat wine. This is very useful in all cases of female debility, fluor albus, and immoderate flow of the menses, &c.

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### BATHING DROPS.

To one quart of alcohol, add one ounce of hemlock oil; one ounce of gum guaiacum, pulverized; two ounces of gum-myrrh, half an ounce of cayenne. Shake them well together, and bottle for use.

For rheumatic pains, or pain in the head, stomach, or elsewhere, bathe the parts every night and morning. They may be taken internally at the same time, in water or molasses, from one to two tea-spoons full.

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### STRENGTHENING SYRUP.

Take balm of Gilead buds, black cherry bark, black alder bark or berries, pleurisy root, cranebill root, and white poplar bark, each four ounces; boil all together, in three quarts of water, one hour; strain and sweeten, and add spirits enough to preserve it from fermentation.

This is an excellent stomachic, and strengthens the system generally.

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### COLIC POWDERS.

Take two ounces of pleurisy root, and one ounce of cayenne; pulverise and mix. In colics, steep the whole in a half pint of water; sweeten, and take it at a dose. It may be repeated according to circumstances. Or, which is better, equal parts of pleurisy-root and bitter root pulverized, mixed and given in powder.

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### STIMULATING CATHARTIC POWDERS.

Take golden seal, pleurisy root, bitter-root, American rhubarb, one ounce each; cayenne, half an ounce, all to be mixed.

*Dose.*—Half a tea-spoon full, two or three times a-day. They remove costiveness, indigestion, and correct the stomach and bowels.

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### JAUNDICE BITTERS.

Take the bark of the roots of whitewood, black cherry, and prickly ash, each two ounces; horse-radish roots, and mustard seed, each two ounces; and a handful of hops; all to be infused in a gallon of 'cider, or of equal parts of wine and water.

*Dose.*—Half a wine-glass full three times a day.

R\*



## SNUFF FOR CATARRH IN THE HEAD.

Take colt's foot, snake-root valerian, bayberry bark, each one ounce, pulverized fine, and mixed with oil of roses. If the wandering milk-weed be added to this, it cures the head-ache.

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## GENUINE BILIOUS POWDERS.

Take eight ounces of aloes ; one ounce each of mace, myrrh, cinnamon, cloves, saffron, ginger and lobelia seeds ; four ounces of the dried leaves of the garden sunflower ; pulverise the articles separately, and mix them thoroughly.

*Dose.*—A tea-spoon full in warm water, and repeated till relief is obtained.

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## FOR A QUICK BILIOUS PURGE.

Take an ounce of gamboge, two ounces of pleurisy root, one ounce of lobelia seeds pulverized ; one tea-spoon full of cayenne, forty drops of oil of lobelia, mixed well with mucilage of gum Arabic, for pills.

*Dose* —For a purge, from three to four ; for a purge and emetic, from five to six.

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## STOMACH LOZENGES.

Take one pound red hollyhock flowers, green ; one pound of loaf sugar ; mix and roll them well together



on a board ; add one pound of bayberry-bark pulverized and sifted through a fine seive ; one ounce of African cayenne ; one ounce of ginger ; one ounce cloves, pulverized ; mix them well together, and make into lozenges, and spread them to dry. These lozenges are serviceable for canker in the mouth and throat, and are a sure preventive from colds, taken immediately after being confined in warm assemblies, or exposed to the cold.

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### TOOTH POWDER.

Take eight ounces of bayberry bark, four ounces of gum myrrh, eight ounces of pumice stone pulverized and sifted through a fine seive ; mix them well. These powders are serviceable in clearing and preserving the teeth, gums and mouth ; and have a tendency to remove whatever is offensive in the breath.

*Directions for use.*—Wet a brush in warm water ; sprinkle a small quantity of powder on the brush ; rub it on the teeth a short time, then rinse the mouth with warm water. Use it morning and evening.

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### TINCTURE OF VALERIAN.

Take one pound of valerian pulverized, infused in one gallon of Holland gin ten days ; shake it often ; after which strain for use. This tincture is good in all hysterical and nervous affections ; and is serviceable in the preparation of the emetic.

*Dose.*—From half to a whole wine-glass-full, once or twice a day.

## TINCTURE OF ALOES AND MYRRH.

Take myrrh, two ounces ; alcohol, a pound and a half ; water, half a pound ; digest them four days ; and lastly, add aloes and saffron, each two ounces ; digest them for three days, and pour off the tincture. This may be considered as being the elixir proprietatis of paracelsus. It has long been in repute as a warm stimulating medicine. It strengthens the stomach, cleanses the first passages from tenacious phlegm and promotes the natural secretions in general. Its continued use has frequently done much service in dropsy, jaundice, uterine obstructions, and other similar disorders.

*Dose.*—From one to two tea-spoons full twice a-day.

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## TAR OINTMENT.

Take one pound of tar, four ounces of mutton tallow, two ounces of olive oil ; simmer them together one hour ; strain it off ; add four ounces of oil of fir balsam. This ointment is valuable for scald-head, eruptions of the flesh, old wounds, fever-sores, piles and ulcers, and has been used with success for sore nipples. It may be applied twice a-day on a piece of linen.

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## CANCER PLASTER.

Take four ounces of the extract of clover, one ounce of African cayenne, one ounce of senacle root, one ounce of seed of lobelia pulverized, half an ounce of the oil of lobelia, mix them well together, and it is fit for use. This plaster spread on a piece of kid, or bladder, and applied once or twice a week, will kill the roots of a cancer. It should be renewed as often as it falls off.

## FEMALE STRENGTHENING SYRUP.

Take four ounces of comfrey, two of brake-root, two of elecampane root ; and one ounce of hoarhound ; boil from three quarts to three pints ; strain, and add while warm, half an ounce of bath root pulverized, a pint of brandy, and a pound of loaf sugar.

*Dose.*—From half to two thirds of a wine-glass full, three or four times a-day. This is used in female weaknesses, bearing down of the womb, fluor albus, debility, and relaxation of the genital organs, barrenness &c.

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## FEMALE CORDIAL.

For one gallon.—Take one pound of the partridge-berry vine, or squaw vine, dried ; and one fourth of a pound of high cranberry ; boil in two gallons water to three quarts. Strain, and add one quart of brandy, and one pound of sugar.

*Dose.*—In the latter stages of pregnancy, half a wine glass full every night on going to bed, in a little warm water. The dose may be increased to a gill, if necessary, to relieve cramps and pain. This is a valuable cordial for pregnant women, and should be used in all cases, for at least two weeks, as a preparatory to confinement.

---

## CLYSTERS.

Take of pennyroyal tea eight ounces, add one tea-spoon full of vegetable powders, one of valerian, and one of elixir.

Or, take one ounce of valerian ; steep in three gills of water ; add half a teaspoon full of green emetic, half a tea-spoon full of cayenne, and a tea-spoon full of brandy elixir.

*Another.*—Take hemlock bark, (two ounces of the inner bark) steep in one pint of water ; strain it off ; add one tea-spoon full of vegetable powder ; one of valerian ; half a tea-spoon of green emetic, and tea-spoon full of elixir.

*Elm Clyster.*—Take a tea-spoon full of red elm pulverized ; mix with a tea-spoon full of sugar ; add eight ounces of hot water, and a half tea-spoon full of cayenne.

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## PLASTERS.

Plasters ought to be of different consistences, according to the purposes for which they are intended. Such as are to be applied to the breasts, or stomach, ought to be soft and yielding : while those designed for the limbs, should be firm and adhesive.

*Adhesive Plaster.*—Take of common plaster, eight ounces, Burgundy pitch four ounces. Melt them together, and stir them till cold. This plaster is principally used for keeping on other dressings ; and for retaining the lips of a wound together

*Burgundy Pitch Plaster.*—Take of Burgundy pitch two pounds ; yellow rosin and yellow wax, each four ounces ; and oil of mace, one ounce. To the pitch, rosin and wax melted together, add the oil of mace. This plaster, or Burgundy pitch alone, worn continually upon the breast, or between the shoulder blades, will be of more benefit in the long continued winter coughs, than all other remedies.

*Stomach Plaster.*—Take of hemlock gum half a pound ; camphorated oil, an ounce and a half : cayenne one ounce ; melt the gum and mix it with the oil ; then sprinkle in the cayenne previously reduced to fine powder.

An ounce or two of this plaster, spread upon soft leather, and applied to the region of the stomach, will be of service in flatulencies arising from hysteric or nervous affections.

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### COMMON GARGLE.

Take the flowers of life everlasting, or Indian posy, raspberry leaves, golden seal, or gold thread ; make a tea and sweeten with honey.

A gargle, very useful for a sore mouth, sore throat, and canker in the stomach. Make a strong tea of cranebill root, golden rod and sumach tops, of equal parts. Take equal parts of the tea and honey, and simmer them. Give the patient little and often, as the stomach will bear.

---

### ESSENCE OF PEPPERMINT.

Take the oil of peppermint, one ounce, alcohol, two ounces. Digest till the oil is blended with the alcohol.

*Essence of Spearmint*—is made in the same manner, with half the quantity of oil.

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### POULTICES.

Take the inner bark of common hemlock, cracker, slippery elm, pond lily root, equal parts, pulverized ;



mix well together ; and soften with raspberry-leaf tea.

*Another.*—Take flax seed, bruised, three parts, ginger one part, and elm one part ; mix them, and soften with milk. Poultices are often beneficial, even in the most simple form, but more so when prepared, as above described ; to keep them in contact with the skin, and to fit it for their absorption.

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### VINEGAR OF SQUILLS.

Take of dried squills, two ounces ; vinegar, one quart. Infuse for ten days or a fortnight in a gentle degree of heat ; afterwards strain off the liquor and add to it one gill of spirits.

This medicine has a good effect in disorders of the breast, occasioned by a load of viscid phlegm. It is also of use in stranguary and gravelly complaints for promoting a discharge of urine.

The dose is from one to two ounces, according to the intentions for which it is given. When intended to act as a vomit, the dose ought to be large. In other cases it must only be used in small doses.

---

The list of medicinal preparations which are described in this work comprises, without a single exception, all my favourite compounds ; together with many others, gathered in the course of my practice. None of these are infallible in all cases ; although when seasonably applied, they will, I venture to say, fulfil all reasonable expectation that can be entertained from medicine. But good medicine will frequently disappoint expectation. When this happens, however, before we discard or blame the means, let us satisfy our-



selves that they have not been misapplied ; for more depends upon a correct application, than upon the specific virtues of any remedy ; and skill to direct constitutes the great secret of success in practice.

---

As no mention has been made of bleeding in the description of the foregoing diseases ; and as the reader will probably expect that something will be said on that subject, I will here add a few remarks by way of objections to the bleeding, and then leave the reader to decide in favour or against the objections.

1. Man has not too much blood, any more than he has too much brains, or too many bones.

Bleeding is against the plainest dictates of common sense ; and is evidently an unnatural waste of the fountain of life. There are no disorders in which letting blood removes any cause ; and when it is practiced, recovery is very slow. "The Yankee house-wife, when she finds the brine of her pork becoming rusty, does not draw off one gallon, and then pronounce the remaining brine pure and sweet. No: she would think such a proposition came only from a fool. Her common sense, however, teaches to place the brine over a fire, and by the action of a gentle heat, cause the impurities to separate and rise on the surface, when she readily skims them off, leaving the brine purified, and again fit for use. Just so with the animal blood ; drawing off the tenth, eighth, or even a fourth part of a man's blood, does not in the least change the quality of the remainder. It is only the foolish waste of the capital of life. As with the blood, so with the brine ; a gentle heat is required to separate the noxious impurities."

2. Blood is the life of man ; and in proportion to the blood taken, do you deprive him of life.

3. Taking away the blood prostrates the strength, reduces the heat, and gives power to cold or disease.

4. "The method to kill an animal by bleeding, is not a rational way of curing the sick.

5. Bleeding is connected with the deadly poisons made use of by the medical faculty ; and is evidently inconsistent with reason and good sense.

The argument used by I. Burgin against bleeding, in his lecture on the Botanic system, are sufficiently weighty to convince any reasonable person of the inconsistency of bleeding.

He says, " if your friend accidentally cuts himself and bleeds a pint, you send for a doctor. He comes and stops the blood, and it is supposed, saves the man's life ; though perhaps he has not bled more than a pint in all. The man, very soon after, may be taken down sick with a fever ; the same doctor is again sent for, who takes from his arm a quart of blood ; and after repeating it several times, if he lives, the doctor is extolled for twice saving his life—once by stopping the blood ; and once by letting it out. Reason would teach us that such things are inconsistent, and that a man in sound and vigorous health, can better afford to lose a gallon of blood than a sick and feeble man can a pint. It most certainly is the principal organ of life, and a person cannot have too much of it. The grand difficulty is, the morbid state of the body, prevents the free circulation of the blood through the minute pores of the flesh. Let this be remedied by perspiration, and blood letting will be useless. Some argue, that it is necessary to bleed a person in case of a fall, or sudden suppression of life. I acknowledge the blood may be made to move in that way, and the person may recover ; but this does not follow, that putting the blood in circulation by stimulating medicine, is not often times better. You may drag a man from a

well, and say you have saved him from drowning ; although you have half killed him by the rough manner in which you have dragged him out, when he might have been taken out in some reasonable manner, without the least inconvenience or hurt."

---

*Eight important Cautions to the Sick and Healthy.*

1. Beware of the M.D. as enemies of the human race ; and remember the Healing Art has become a trade to live by ; and they care not who suffers, if they can be gratified in what they desire.

2. Avoid all vegetable and mineral poisons, used as medicines ; such as mercury, arsenic, antimony, calomel, preparations of copper, iron, or lead ; and also of hemlock, nitre and opium. They are all poisons, and deadly enemies to health.

3. Beware of blisters, as they can never do any good, and may be productive of much harm ; they are contrary to nature, and strengthen the powers of disease."

Seatons and issues should also be avoided ; as they only tend to waste away the strength of the patient, without doing any good. It is a more sure way to remove the cause by the administration of the medicine, which will be a better way, and safe in its effects.

4. Be careful not to make use of salt-petre or nitre in any way whatever. It is one of the greatest poisons ; and was never designed for any other purpose than to destroy life. It is common among dairy women of putting it into butter ; such a practice should be avoided. It is very bad to put it on meat, for it destroys all the juices, the most nourishing part, and leaves the flesh hard and difficult to digest. Its poison may be discovered by its frothing when cooked.

5. Be careful not to drink too freely of cold water in very hot weather, as it will suddenly check the perspiration, and lays a foundation for the most inveterate disease.

6. Be careful not to cool suddenly after being very warm, in consequence of uncommon exercise. If this should be the case, the result may be prevented by taking the hot medicine, which will raise the heat, and overpower the cold.

7. Avoid irregularity in diet. If more food is taken in the stomach, than is well digested, it clogs the system, and causes disease. Be careful not to eat too much at a time ; and have your food well cooked. This is very essential to those who have weak stomachs.

8. Avoid all alcoholic liquors, they are slow poisons ; and the constant use of them destroys the tone of the stomach, deranges the digestive organs, and causes disease. It is much better, when the appetite requires any thing of the kind, to make use of warming drinks ; such as ginger and water, cayenne and water, as they will answer a far better purpose.

## AGREEMENT.

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THE Author and Proprietor of the System of Medical Practice, described in this Work, agrees to give, whenever applied to, any Information that shall be useful to give an understanding of the collecting, preparing and administering all such Medicines as are described in this Work, to the Purchasers ; they also agreeing, that they will not reveal the contents of this Book, or any part of it, unless it be to such as have purchased the same, of the Author and Proprietor, under the penalty of forfeiting all right to the Information the Author has agreed to give.

MICHAEL L. PRIEST.





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